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Bananas, when fully ripe contain soluble sugar and thus can help treat constipation. However, unripe, or green, bananas have high levels of resistant starch, which can be very binding and cause constipation. Because of this, unripe bananas can be used to treat diarrhea. Bananas health benefits outweigh apples. That's because they have many more vitamins and nutrients than their round counterparts. Bananas have twice as many carbohydrates, 5 times as much Vitamin A and iron, and 3 times as much phosphorus as apples.

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5/13 - MOTHER'S DAY MUSIC FESTIVAL

HARD ROCK:

3/16 - THE KILLERS 3/17 - KELSEA BALLERINI 3/25 - JOWELL Y RANDY 4/1 - ERIC CHOU: WORLD TOUR 4/15 - CHICAGO

CAESARS:

3/26 - ATLANTIC CITY BALLET PRESENTS: MIDSUMMER NIGHT'S DREAM 4/15 - ATLANTIC CITY BALLET PRESENTS: CARMEN

BORGATA:

3/31 - KENNY WAYNE SHEPHERD 4/14 - MARGARET CHO 4/19 - LEGENDS IN CONCERT: LONDON

4/19 - LEGENDS IN CONCERT: LUNDON

4/22 - JERRY SEINFELD

5/13 - VIR DAS

GOLDEN NUGGET:

4/22 - FRANKIE AVALON 5/20 - BROADWAY'S ROCK OF AGES BAND

OCEAN RESORT:

4/7 - THE MONKEES BY MICKY DOLENZ 4/21 - AARON LEWIS

4/22 - RICARDO MONTANER

TROPICANA:

3/18 - BLUES IS ALRIGHT TOUR

3/25 - CHAKA KHAN

4/22 - CHRIS TUCKER

4/27 - KENNY ROGERS BAND

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CHALLENGE

	1 *	2		3	4	5	6		7	8	
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34	35	*					36			37	П
38				39	40	41			42		
	43									*	

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. Continent
- 9. Chicken ___ king
- 10. Suitor
- __ whim; impulsively 11.
- 13. Former Vice President Mike
- 15. Eagle's defense
- 17. Cry from the pews
- 18. "I __ Legend"; Will Smith 23. Fight result, for short
- 20. "The coast __ clear!"
- 21. Tell tales
- 23. Doctor's bag
- 24. White __; termite
- 25. __ and aah; express delight
- 26. PC tray insertion
- 29. Suffix for rook or book
- 30. Squeezing snake
- 34. Bit of land in the sea
- 36. Ike's opponent Stevenson
- 38. Make fun of
- 39. "Groovy!"
- 42. "Little Women" author's initials
- 43. Reason to avoid tightrope walking

DOWN

- 1. Thirst quencher
- 2. Mom's mom
- 3. Fratricide victim
- 4. Prefix for print or place
- 5. Stanford's location: abbr.
- 6. Ballerina's attire
- 7. Vending machine drink

- 8. Year south of the border
- 9. Impoverished U.S. area
- 12. What to expect before major surgery
- 14. Actor Gulager
- 16. Feel miserable
- 19. Obey
- 20. 550 and 551
- 22. Film alien
- 27. Very late bedtime
- 28. Peculiar
- 30. Sir Guinness
- 31. __ _ time; never
- 32. International military alliance
- 33. "__ want for Christmas is my two ..."
- 35. Health club offering
- 37. "I ___ Rock"; Simon & Garfunkel hit
- 40. Initials for Lisa Marie's dad
- 41. Tongue depressor response

Alaska Solution A C R O P H O B I A

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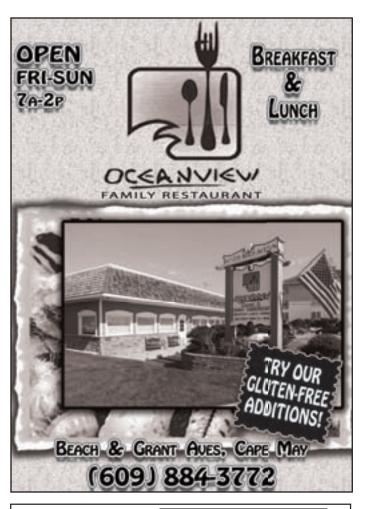


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"Lucky Hank" on AMC (Words in parentheses not in puzzle)

(Bob) Odenkirk (Mireille) Enos
Hank Lily
Chairman Wife
English (Department) (Vice) Principal
Railton (College) Unraveling

(Midlife) Crisis
Underfunded
Mediocre
Entitled
(Rural) Pennsylvania

HOROSCOPE

ARIES (Mar. 21-April 20)

You can find solutions if you are willing to communicate. Be prepared to lose friends or alienate loved ones due to your stubborn nature lately. In-laws or older individuals may give you a bit of a hard time this week. Find ways to mellow out.

TAURUS (Apr. 21- May 21)

Travel may change your attitudes with regard to your philosophy. Communication will be your best bet. Put your plans into motion by presenting your intentions to those who should be able to give you financial support. Don't reveal anything about your personal life to those who may use such information against you.

GEMINI (May 22-June 21)

Don't push your mate away. Your mate may be distressed if you refuse to make a commitment. Financial difficulties may be worrying you. You may find that romance will unfold through business connections.

CANCER (June 22-July 22)

Be prepared to take care of the issues at hand. A long discussion is in order if you wish to clear the air. Avoid too much discourse with colleagues this week. If you try to manipulate emotional situations you will find yourself alienated.

LEO (July 23-Aug 22)

Anger might lead to carelessness and minor Injuries. Female members of your family may be difficult to deal with. Try not to get into disputes that will lead to estrangement's. Elders may need your help.

VIRGO (Aug. 23 -Sept. 23)

Financial gains can be made through wise investments. You will enjoy interaction with others this week. Pleasure trips will be most enjoyable if you take them with that special person in your life. Depression may be likely if you're away from home.

LIBRA (Sept. 24 -Oct. 23)

Go directly to the source if you want to know exactly what's been going on. Take a close look at documents be fore signing on the dotted line. Expect to have more people on your domestic scene. Your partner may push buttons that infuriate you.

SCORPIO (Oct. 24 - Nov. 22)

A change of attitude has probably disrupted your home environment. You need to spend some time reflecting on past experiences and involvement's. Overexertion and negligence will be your worst enemies. Put your time and energy into home improvement.

SAGITTARIUS (Nov. 23 -Dec. 21)

Minor fevers or infections will develop if you're over-stressed. You might not accomplish all that you want to at home this week. Don't be too confident that coworkers are on your side. Try not to be too harsh with your mate.

CAPRICORN (Dec 22.- Jan. 20)

Your talents might just be discovered. You may find a rare antique this week. Sudden romantic connections may be short lived. Your ability to relate will close the generation gap.

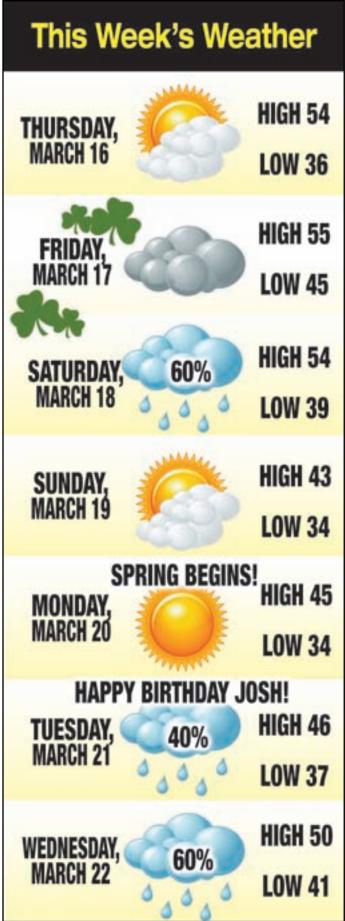
AQUARIUS (Jan. 21 -Feb. 19)

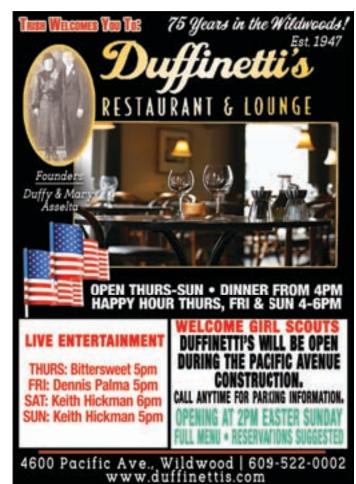
Partnerships could be tense. Don't push your luck. Payoff all your debts before you go out and celebrate. A change is as good as a rest. Don't go looking for change. You can expect to face opposition on the home front.

PISCES (Feb. 20-Mar. 20)

Catch up on any correspondence you've neglected. Too much talk will lead to disputes. You can get your point across if you don't beat around the bush. Be honest if you wish to solve the problem.

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Hear for the H<mark>oliday: Three of My "Go To" Favori</mark>te Irish Songs by Joe Molineaux

When Saint Patrick's Day comes around, my thoughts and listening habits tend to gravitate to a few of my favorite Irish artists and bands. The list is long and includes the likes of Van Morrison, U2, The Pogues, Foy Vance and more.

When it comes to songs, I could easily do a full column on each of the above mentioned artists and bands, since their catalogs in some of their cases are rich and full what adds up to decades of musical offerings. However with the holiday upon us, I will instead focus on three songs by three different artists that I have enjoyed since first hearing them. They each have significance for uniquely different reasons.

The Dirty Glass by The Dropkick Murphys – In 2002 the band released their fourth studio album "Blackout". They released a single that became a modest radio hit. I had not really discovered the Dropkicks until a fellow radio DJ turned me onto the band. The song she played was "The Dirty Glass" and it was my introduction to The Dropkick Murphys. To this day is still my favorite song in their entire catalog.

While the "The Dirty Glass" was originally recorded and featured on another less distributed album, the attraction for me to this song was instantaneous. The energy of the song along with the three distinct vocals take you right into the middle of a bar argument where finger pointing and accusation fly... all over what I believe is a bar that in the images in my mind has at least on "dirty glass" on it. I distinctly remember it being compared to storytelling songs by The Pogues (mentioned earlier). Give it a listen, with or without a dirty glass in front of you.

The Galway Girl by Steve Earle - The song was originally recorded by Steve Earle and Sharon Shannon on the album "Transcendental Blues" in 2000. I actually owe my discovery of this awesome song to my wife. She discovered the song while she was watching the film "P.S. I Love You" and starred Hillary Swank, Gerard Butler, and Jeffrey Dean Morgan. If memory serves me, I believe both Butler and Morgan sing the song to Swank at different parts of the movie.

I like to tell people that my wife's people are from County Westmeath in Ireland. So she is most definitely of Irish decent. If I can believe the information I received from the fine people that analyzed my DNA, I have about twenty percent of Irish in me. So of course on our 25th wedding anniversary we took a trip to Ireland. Not only was the song played at multiple bars along our trip traversing most of Ireland, it was especially part of the Galway scene's musical offerings.

In 2008, an Irish artist called Mundy and Sharon Shannon released a cover of "Galway Girl". The studio version of the song shot up to the number one spot on the Irish Singles Chart in April of that year. It ended up becoming the biggest selling singles / biggest-selling downloaded songs in Ireland in 2008. Plus it won a 2008 Meteor Awards.

My wife enjoyed the song and the movie that led her to the song so much that during our trip to Ireland we made a stop to visit the bar, Whelan's Pub in Dublin, where the song was performed in the film. And now the song is part of our soundtrack to one of the most memorable trips we have taken together.

If I Ever Leave This World Alive by Flogging Molly — This very well written and reflective song is from the band's 2002 album "Drunken Lullabies" Flogging Molly, like The Dropkick Murphys are an Irish-American punk band. The album has been certified gold by the Recording Industry Association of America (RIAA).

Truth be told, my wife is not the only one who discovers songs and music through movies, television and other media methods. While "If I Ever Leave This World Alive" has been a song I had heard numerous times before, it may have been the same movie, "P.S. I Love You" that helped solidify the song as one of my top three. Upon my first and ongoing listening to the tune, I find myself reflecting on life and also what leaving this earthly place may entail.

If you are like me, music is both enjoyable and when the lyrics are thoughtfully crafted they do make you think. Here's to more musical discovery together and have a happy Saint Patrick's Day!





CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

GRILLED QUAIL
W/ HONEY POMEGRANATE REDUCTION

INGREDIENTS:

- 4 Semi-Boneless Quail
- 1 TBS OLIVE OIL
- 1 TBS FRESH CHOPPED ROSEMARY
- SMOKED SEA SALT & FRESH CRACKED BLACK PEPPER, To TASTE

SAUCE

- 13/4 Cups Pomegranate Juice
- 2 TBS HONEY



PREPARATION:

Pour Pomegranate juice into a sauce pan. Heat on the range top over high heat. Bring to a boil & reduce heat to a good simmer. Cook liquid until reduced by half. Add in honey & reduce heat to low. Preheat grill to medium high heat. Place Quail in a bowl or on a dish. Rub the oil on the birds, coating them thoroughly. Season w/ salt, pepper, & Rosemary. Spray the grill with nonstick spray. Place Quail on grill breast side down. After achieving nice grill marks, flip the Quail & cook until done. Allow to rest for 5 min before eating. Pour reduction over the top & enjoy!





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.

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

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St. Patrick's Day Fun Facts & History

. St. Patrick wasn't Irish. Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales.

 St. Patrick's Day used to be a dry holiday. As you might expect, St. Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day. (The one exception went to beer vendors at the big national dog show, which was always held on St. Patrick's Day.) Before that time, the saint's feast day was considered a more solemn, strictly religious occasion. Now, the country welcomes hordes of green-clad tourists for parades, drinks, and perhaps the reciting of a few limericks.

 New York City's St. Patrick's Day parade has been hap-pening since 1762. New York City's St. Patrick's Day Parade is one of the world's largest parades. Since 1762, roughly 250,000 marchers have traipsed up 5th Avenue on foot—the parade still doesn't allow floats, cars, or other modern trappings. People like Miracle on 34th Street actress Maureen O'Hara and Cardinal Timothy Dolan, the archbishop of New York, have served as grand marshal. In 2020, the parade was canceled for the first time in its centuries old history due to the

COVID-19 pandemic.

• Chicago literally runs green for St. Patrick's Day. New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating St. Patrick by dumping green dye into the Chicago River since 1962. And though the organizers won't reveal their exact formula, we do know that the powder used is dispersed through flour sifters by the local plumbers' union.

 Americans run up quite a bar tab on St. Patrick's Day. It's the biggest day for bars in the country. It was expected that Americans would spend \$6.86 billion celebrating the holiday this year.

 St. Patrick's Day lingo makes sense. You can't attend a St. Patrick's Day event without hearing a cry of "Erin go Bragh." The phrase is a corruption of the Irish Eirinn go Brach, which means roughly "Ireland forever."

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6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tan	k	20/20 (In S	tereo) 🚾			News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Holly	Lopez vs	Grand	Dateline N	BC (In Stere	eo) 🕮		News	Tonight Sh	now
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23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Father Bro	wn ©	Midsomer	Midsomer	Murders	Mike	NJ Spotl	One/One	World
29-FOX	The Six	Props	TMZ ©	You Bet	WWE Frida	ay Night Sm	nackDown		News	Special	News	Feed	Extra
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Boardwalk Hall Time: 7:00 PM TICKET PRICES: \$57+

Heavyweight Kristian Prenga (12-1 12KOs) of Mirdite, Albania is fighting for the World Boxing Association WBA Title Fight and NBA Continental Heavyweight Championship.

May 27 & 28 - THE ADJACENT MUSIC FESTIVAL

Ocean-Side On New Jersey's Atlantic City Beach

The Lineup Features Over 40 Bands On Three Stages Including The Newly Reunited Blink-182, Paramore, Bleachers, Turnstile, Japanese Breakfast, Coheed & Cambria plus Craft Food & Beverage Experiences, Vendors & more.

SMITHVILLE

April 15 - ART WALK

Smithville Greene 10am - 5pm

More than 75 artists participate in the annual Art Walk held at the Smithville Village. From 10 a.m. to 5 p.m. and more than 40 tables are set up on the Village Greene side of the Smithville Village for the Art Walk.

Mike Spagnola said his store sells art and music from local artists. When Mike's store, Underground, sells local music all of the profits go to the musicians. The store takes a small percentage of the profits from art sales. "There are seasoned artists and there are new artists," Spagnola said. "Artists who are 16 and 17 years old will be here. A lot of them are excited to meet like minds."

There will be a wide array of art and artists on display.

"Everything is always cutting edge, but all genres will be represented, from traditional to low brow," Spagnola said.

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Settlement Services

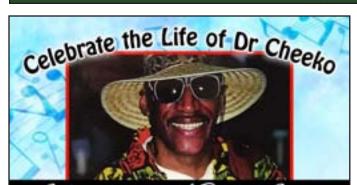




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In loving memory of Benjamin Lopez... husband, father, performer, friend

Dr. Cheeko was a Jersey Shore legend full of life, love, music and energy. Help us continue his legacy through music and dance by joining us at Fred & Ethel's Lantern Light Tavern to celebrate his life.

Sunday, April 16, 2023 • 2-6pm



Located at Historic Smithville - 1 N New York Rd, Galloway

Beef & Beer Fundraiser • \$25 Donation

All proceeds will benefit the Lopez family and assist with medical bills

For ticket info: Kim Hillman 609-709-0887 Nina Scalera 609-432-9473 • Jodi Scalera 609-432-8478 TICKETS ALSO AVAILABLE AT THE DOOR



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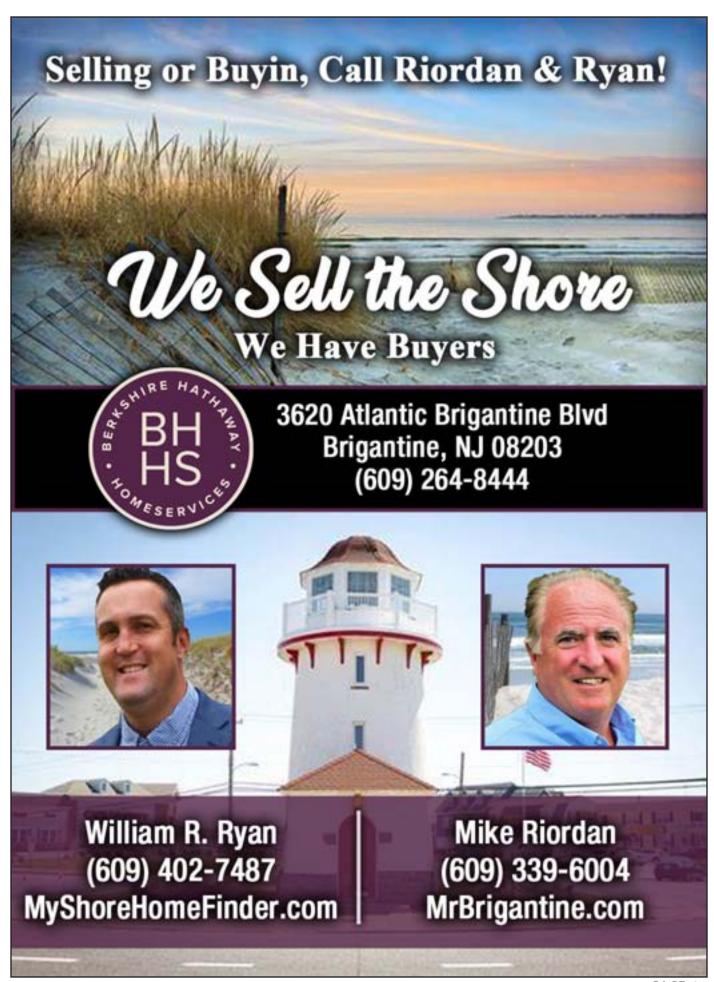








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Sale items mix for discount but no additional discount on sale items



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The Wizard of Odds

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



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Best Casino to Play Slots:(Tie) Hard Rock & Borgata
Best Casino Players Card:"M'Life" Borgata
Best Casino Promotions:(Free Slot Play) Borgata
Best Player's Club:"Amphora Lounge" Borgata
Highest Progressive Slot Meters:Tropicana
Best Chinese Restaurant:"Golden Dynasty" Tropicana
Highest Class of Customers:*The Nicer People Place*
(Tie) Borgata & Hard Rock
Best Steak House:(Tie)"Morton's" & "Ruth's Chris" in and by Caesar's
Best Entertainment ProgramHard Rock
Cleanest Casino:(Tie) Ocean Casino Resort & Borgata
The Safest Casino:Borgata
Classiest Sportsbook in Town:Borgata
Best Décor:(Tie) Hard Rock & Borgata

Remember those Bagel-nomics columns the "Wiz" had offered over the past two years to illustrate the effects of high inflation and the risk of hyperinflation? He facetiously tried to calculate the odds of how many wheelbarrows full of one hundred trillion dollar Zimbabwean banknotes it would be required to purchase one bagel from Hot Bagels in Margate. (By the way, these delightful morsels especially topped off with Shop Rite's white fish salad are worth every penny!)

Now the Wiz" has a new slot odds problem. Harrah's has a novelty deuces video poker slot whereby one hundred hands are played for a \$5 bet. The attached screenshot reveals that not a single deuce appeared. The hand before displayed only one deuce on one hundred hands. How can that be?

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If any math genius out there can calculate the odds of that happening let the "Wiz" know and he will dutifully have it published to his dear readers.

BUY AMERICAN & HIRE AMERICANS

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



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South Jersey Matters

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

<u>Library Promotes Youth Literacy at Barbershops</u> <u>with 'Fade to Books'</u>

The Atlantic City Free Public Library has provided children's books to city barbershops and salons the last several years through its Fade to Books program – and it is looking to add more locations this year. As part of the program, the library gives participating businesses a small bookcase and children's books. There is no cost to the business owner. A library staff member visits participating locations periodically to check on the condition of the bookcase and restock it with more books. Barbers and stylists encourage their young clients to select books to read as they sit in the waiting area, during their haircuts or at home. Children are allowed to take home books from the Fade to Books bookcase to keep.

There are currently Atlantic City Fade to Books bookcases located at Aminia Hair Braiding (113 S. Tennessee Ave.), Just Cutt'n Up (526 Atlantic Ave.) and Mencia's Barbershop (3109 Atlantic Ave.).

Atlantic City barbershops and salons interested in being a Fade to Books site can call Kristen Reid-Ortiz at (609) 345-2269, ext. 3044. Also, residents are welcome to encourage their barbershop or salon to contact the library about becoming an Atlantic City Fade to Books location.







NJ Lic# 13VH04789100



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3-CBS	Game		A Men's Bas					A Men's Bas				Men's Bas		
6-ABC	oh baby!	UFC Live	CC	NCAA Wor	men's Bask	etball		NCAA Wor	nen's Bask	etball		Hearts of	Vets-Pets	
10-NBC	One	Paid Prg.	Paid Prg.	Six Nation	s Champior	nship 🔯		PGA Tour	Golf Valspa	r Champion	ship, Third F	Round. ©		
17-MNT	Nutriseal	Paid Prg.	Nutriseal	LIV Golf In	vitational S	eries Tucso	n, Day 2. (Ir	n Stereo Live	e) ©©					
23-PBS	Michael Fla	atley's Lord	l	Young For	ever With N	lark Hyman	, MD ©	Suze Orma	an's Ultimat	e Retireme	nt Guide	NJ Busin	State-Aff	
29-FOX	Theft	Car Re	Home	Paid Prg.	Home	Paid Prg.	To Be Ann	ounced		MLS Socc	er			
57-CW	Draft	Weather G	one Viral	SOS: How	to Survive	The First 4	8 00	Get	Paid Prg.	ICRIME	ICRIME	Law & Ord	er: SVU	
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CNN	News	CNN News	room	CNN News	room	CNN News	room	Smerconis	sh ©	CNN News	room	CNN News	room	
DISC	Distiller	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	
DISN	Ladybug *** "Onward" (2020) 'PG' ©					Big City	Big City Big City Big City Big City				Big City	Marvel's		
ESPN	GameDay	2023 NIT B	Basketball T	ournament		NCAA Women's Basketball NCAA Women's Bas						etball		
ESPN2	NCAA Wor	men's Bask	etball		NCAA Wor	nen's Bask	en's Basketball NCAA Women's Basketball						NCAA	
FNEWS	Cavuto	Fox News	Live ©	Fox News	Live ©	Fox News I	Live 🚾	Journal Ed	litorial Rpt.	Fox News	Live ©	Saturday Show		
FX	(10:00) "Er	nemy of the	State"	★★½"Man	on Fire" (20	04) Denzel Washington. (In Stereo) ★★★ "Mission: Impo				ion: Impos	sible Rogue	Nation"		
НВО	(11:20) **	* "Walk the	Line" (200	5) 🚾	Game	Real, Bill M	laher	Perry Mase	on 🚾	***½"The	Banshees	of Inisherin	" 'R'	
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	"Abducted	Story"	"I Am Som	ebody's Ch	nild"	"Stolen by	My Mother	: Kamiyah"		"Tempted	by Danger'	' (2020) 🕮		
MAX	"Bullet"	⋆⋆ "Bringi	ng Down th	e House" (2003)	★★★½"Chic	ago" (2002	2) [[★★½ "Dolo	res Claibori	ne" (1995) k	Kathy Bates.	CC	
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PARMT	NCIS *** "Ocean's Eleven" (2001) George Clo					y. 🚾	*** "Ocea	an's Twelve	" (2004) Ge	orge Cloone	, ,	,	"Ocean"	
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TNT	NCIS: LA	NCIS: New	Orleans	★★ "Walkir	ng Tall" (200	04)	★★½ "Fast	Five" (2011)	Vin Diesel.	© (DVS)		NCAA Tip-	Off ©	
USA	Premier Le	eague Socc	er	Premier	Premier Le	ague Socce	er: Blues vs	Toffees	Prem Goa	Zone	IMSA Wea	thertech		

SATU	RDAY	EVENI	NG								MAR	RCH 18,	, 2023
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3-CBS	NCAA Men	's Basketb	all	2023 NCA	A Men's Bas	sketball Tou	ırnament		48 Hours ©	CC	News	DraftK	Magnum
6-ABC	News	ABC	FYI Philly	Wheel	NHL Hock	ey Pittsburgh	n Penguins a	at New York	Rangers. ©		News	News	Jeopardy!
10-NBC	News	NBC	Paid Prg.	1st Look	★★½ "Desp	icable Me 3	" (2017) 🖸		Saturday N	Night Live	News	Saturday N	light Live
17-MNT	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	S.W.A.T. "Z	Zodiac"	Action Nev	ws at 10	Philler	Delco	Mom
23-PBS	Reporters	Chat Box	Sound	The Arts	Old	House	Show Me	McLeod	La Otra Mi	rada "From	Within"	Halifax: Re	tribution
29-FOX	MLS	MLB Top	2023 World	d Baseball (Classic Sec	ond Round:	Teams TBA	. CC	The 10 Nev	ws	Farmer Wa	ints	Paid Prg.
57-CW	SEAL Tear	n	FamFeud	FamFeud	Masters	Masters	Animals	Animals	News Phill	ly	WOW - Wo	men	Neighbor
A&E	The First 4	8 00	The First 4	8 00	The First 4	8 00	The First 4	18 CC	The First 4	18 🚾	The First 4	.8 ©	First 48
AMC	(5:15) ★★½	"San Andre	as" (2015)	CC	*** "Tom	bstone" (19	93, Western	ı) Kurt Russ	ell, Val Kilme	er. 🚾	**** "God	odfellas" (1	990)
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SUND	AY AF	TERNO	OON								MAF	RCH 19	, 2023	
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3-CBS	Paid Prg.	2023 NCA	A Men's Ba	sketball Tou	ırnament		2023 NCA	A Men's Ba	sketball To	urnament		Men's Bas	k.	
6-ABC	Inside	Action Nev	ws ©	NCAA Wo	nen's Bask	etball		NCAA Wo	men's Bask	etball		Action Ne	ws 5PM	
10-NBC	Issue	Draft	Paid Prg.	Paid Prg.	PGA Tour	PGA Tour	Golf Valspa	r Champion	ship, Final F	Round. (In S	tereo Live) 🛚	C		
17-MNT	In Touch	Paid Prg.	Paid Prg.	LIV Golf In	vitational S	eries Tucso	on, Day 3. (Ir	Stereo Live	e) 🚾					
23-PBS	Think Tk	State-Aff	Class	Riverdance	e 25th Anni	versary Sh	ow cc	Young For	ever With H	lyman	Mavis Sta	ples I'll Tak	е	
29-FOX	Paid Prg.	Bowling				NASCAR I	RaceDay	NASCAR (Cup Series	Ambetter He	ealth 400. (Ir	n Stereo Live	e) ©	
57-CW	Draft	World's	World's	Storm of S	uspicion	The First 4	18 🚾	NLL Lacro	sse: Wings	at Knightha	wks		Heroes	
A&E	24 Hour	24 Hour FI	ip 🚾	★★ "Ameri	can Assass	in" (2017) l	Dylan O'Brie	n. 🚾	** "Jack I	Reacher: Ne	ever Go Ba	ck" (2016) ©	<u>O</u>	
AMC	*** "Toml	ostone" (19	93, Westerr) Kurt Russ	ell, Val Kilme	er. 🚾	*** "Spac		s" (2000, Ad	venture) Cli	nt Eastwood	l. CC	"Avatar"	
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DISN	Ladybug	Big City	Big City	Big City	Big City	Big City	Hamster	r Hamster Hamster Chibiv Kiff ©			Kiff ©	Kiff ©	Kiff ©	
ESPN	Formula 1:	Grand Prix	c Sunday	Formula 1	Racing Sau	idi Arabia G	rand Prix.	TBA	NCAA Wo	men's Bask	etball		NCAA	
ESPN2	GameDay	2023 NIT E	Basketball T	ournament		2023 NIT E	Basketball T	ournament		SEC In	SEC In	NCAA Women's		
FNEWS	Medi	Fox News	Live ©	Fox News	Live ©	FOX News	Sunday	Maria Bart	iromo	Fox News	Live ©	Sunday SI	now	
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HBO	"See	*** "Ingri	d Goes We	st" 'R'	Atsuko Ok	atsuka	*** "Long	Shot" (201	19) Seth Ro	gen. 'R'	Making	Real, Bill I	Maher	
HIST	The Men W	/ho Built Aı	merica	The Men W	/ho Built Ar	nerica 🕮		The Men V	Vho Built A	merica 🕮		Built Ame	rica	
ION	NCIS	NCIS "Pere	ennial"	NCIS © (D	VS)	NCIS "Judo	ge, Jury"	NCIS © (D	VS)	NCIS "Lost	Time"	NCIS "Dau	ghters"	
	"Taken"	"Suitcase	Killer: McG	uire"		"Girl Who	Escaped: K			"The Surre	ogate Scan	dal" (2023)	CC	
MAX	★½ "That A	wkward Mo	ment"	★½ "Wild H	ogs " (2007)	CC	★½ "One fo	r the Mone	y" 啶	★½ "Georg	ia Rule" (20	007) Jane Fo	onda.	
NBCSPA	Oxygen	Paid Prg.	Greatest	MLB Prese	eason Base	ball Boston	Red Sox at	Philadelphia	Phillies.	NBA Bask	etball: 76er	s at Pacers		
NICK			Sponge.	Sponge.	Patrick	Sponge.		Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	
PARMT	Rescue	Bar Rescu	e ^{CC}	Bar Rescu	e 🚾	Bar Rescu	e ^{CC}	Bar Rescu	e ©	Bar Rescu	ie 🚾	Bar Rescu	ie 🔯	
TBS	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	** "Star V	Vars: The P	hantom Me	nace"	
TCM	"Thin	**** "The	Third Man	" (1949) 🖸		***½"Cha	rade " (1963	3) Cary Gran	nt.	*** "Laur	a" (1944) 🖸		"Vertigo"	
TNT	NCIS: LA		,	2009) Vin Di			ous 7 " (2015	,	<u> </u>	, ,		NCAA Tip		
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SUND	AY EV	ENING									MAF	RCH 19	. 2023
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30		11:30	
3-CBS	Men's Bas	k.	60 Minutes	CC CC	The Equali	zer 🔯	East New '	York ©	NCIS: Los	Angeles	News	Sports	J. Osteen
6-ABC	News	ABC	Funny Hor	ne Videos	American	ldol "604 (A	uditions)" (Ir	Stereo)	The Comp	any	News	News	FYI Philly
10-NBC	News	NBC	Dateline N	BC (In Stere	eo) 🚾		Magnum P	P.I. ©	The Black	list ©	NBC 10 N	ews at 11p	Bensinger
17-MNT	Two Men	Two Men	Gold	Gold	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action Ne	ws at 10	Seinfeld	Philler	Outdoors
23-PBS	Deepak Ch	opra: Becc	ming Metal	numan	Trinity: Cla	assically Iris	sh ©	James Tay	ylor: One M	an Band	Young Fo	rever With I	lyman
29-FOX	NASCAR C	Cup Series	Farmer Wa	nts	Simpsons	The-North	Bob's Bur	gers	The 10 Ne	ws	News	Extra ©	
57-CW	Magnum P	P.I. CC	FamFeud	FamFeud	Animals	Animals	Whose?	Whose?	News Phil	ly	WOW - W	omen	King
A&E	Biography	: WWE Leg	ends (In Ste	ereo) 🚾	Biography		Biography	i	WWE Riva	als ©	WWE Riv	als ©	Biography
AMC	(5:30) ***	½ "Avatar" ((2009) Sam	Worthington	. CC		Lucky Han	nk "Pilot"	Lucky Har	Lucky Hank "Pilot" Lucky Ha			Lucky
CNN	CNN News	room	Who's Tall	king	"The Inver	tor: Out fo	r Blood in S	Silicon Valle	ey" (2019)	()			Blood"
DISC	Naked and	Afraid: Un	censored @		Naked and	Afraid "Kal	ahari Cold F	ront"	Naked-Solo		Naked an	d Afraid	Afraid
DISN	(5:55) Kiff	5:55) Kiff "Flora and Ulysses" (2020) 'NF				Villains	Villains Marvel's Mo Jessie			Bunk'd	Bluey		
ESPN	NCAA Wor	men's Bask	etball	NCAA Wo	men's Bask	etball						SportsCer	nter 🔯
ESPN2	NCAA Wor	men's	NCAA Wo	nen's Bask	etball		Player 54 Player 54 XFL Football: Renegation			ides at Brah			
FNEWS	Fox Repor	t	Sunday Ni	ght	Life, Libert	ty & Levin	The Next Revolution Sunday Night			Life, Libe	Revolu		
FX	"The Equa	lizer 2"	★★½ "Fast	& Furious 6	3" (2013) Vir	" (2013) Vin Diesel. (In Stereo) © ★★½ "Fast & Furious			& Furious 6	6 " (2013) Vi			
HBO	Game The	ory	** "Don't	Worry Darli	ng" (2022)	'R' 🚾	"All the Beauty and th		he Bloodshed" (2022)		Last "All the B		eauty"
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ION	NCIS @ (D	VS)	NCIS "Into	the Light"	NCIS "Goin	ig Mobile"	NCIS © (D	VS)	NCIS "Wid	e Awake"	NCIS © (OVS)	NCIS
(IFE	"Nanny De	earest" (202	3) Liz Fenni	ng 🖾	"House of	Deadly Lies	s " (2023) Ka	aty Breier.	"The Neig	hbor in the	Window" (2020) 🕮	"Deadly
MAX	★★½ "Indec	ent Propos	al" (1993) ©	C	*** "The l	mpossible	' (2012) (In	Stereo)	★★½ "Eagle	e Eye" (200	8) Shia LaB	eouf.	"Alpha
NBCSPA	Basket	Brewing	MLB Prese	eason Base	ball: Red So	ox at Phillies	1	Golfer	Men's Col	lege Lacros	sse		Poker
NICK	*** "Desp	oicable Me"	(2010) (In S	Stereo)	*** "Desp	icable Me 2	2" (2013) (In	Stereo)	Friends	Friends	Friends	Friends	Friends
PARMT	Bar Rescue © Bar Rescue ©				Bar Rescu	e cc	Bar Rescu	ie 🔯	Bar Rescu	ie 🔯	Waco ©		Rescue
TBS	"Star Wars: The" 2023 NCAA Men's Basket					ırnament		2023 NCA	A Men's Ba	sketball To	urnament		Inside
TCM	(5:45) ***	★ "Vertigo"	(1958) 🚾		*** * "Rear Window" (1954) ©			★★★½ "Murder on the Orient Express"			ress"	"Heat"	
TNT	2023 NCA	A Men's Ba	sketball Tou	urnament		2023 NCA	A Men's Ba	sketball To	Tournament Rock the Block ©		Block ©	"Cast	
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	der: SVU	Law & Or	der: SVU	Law-SVU













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READY, VET, GOS
SUPPORTIVE SERVICES FOR VETERAN FAMILIES (SSVF) SERVING ATLANTIC, CAPE MAY, CAMDEN. CUMBERLAND, GLOUCESTER, AND SALEM COUNTIES

The goal of Ready, Vet, Go! is to promote housing stability among veterans and their families who are homeless or at risk of homelessness.

DIRECTISERVIOES PROVIDED: RENTAL ASSISTANCE - SECURITY DEPOSIT TRANSPORTATION - UTILITY DEPOSIT - UTILITY BILLS

FOR MORE INFORMATION, PLEASE CONTACT:

CAMDEN AND GLOUCESTER COUNTIES

Marcus Biddle (856) 214-1277 Marcus.Biddle@camdendiocese.org Ashli.McLean@camdendiocese.org

Ashli McLean (856) 203-0375

CUMBERLAND AND SALEM COUNTIES

Rosemary DeQuinzio (856) 213-3426 Rosemary.DeQuinzio@camdendiocese.org

ATLANTIC AND CAPE MAY COUNTIES

Nelson Gonzalez (856) 701-5428 Nelson.Gonzalez@camdendiocese.org



DEEP DOPE COOL

CURATED BY RAYMOND TYLER

Catch up with me 24 hours a day at www.DeepDopeSoul.com I am happy to cover your events if time permits. Please contact me at RaymondTyler2018@gmail.com My radio show The Light With Raymond Tyler airs Friday evenings from 6pm to 8pm in Philly on FM 106.5 WPPM and Saturday evenings from 6pm to 8pm on FM 91.7 WLFR!

The Wildwoods Host Special Olympics New Jersey Basketball Finals Saturday, March 25 and Sunday, March 26

Special Olympics athletes from across New Jersey will participate in the Special Olympics New Jersey Basketball Finals on Saturday, March 25 and Sunday, March 26 in the Wildwoods.

Six locations throughout the Wildwoods will host these competitions, including the Wildwoods Convention Center, the Wildwood Crest Pier Recreation Center, Wildwood High School, Wildwood Catholic Academy, the North Wildwood Community Center and the Byrne Community Center. Athletes will compete for gold, silver and bronze medals.

Competitions will be held from 10 a.m. - 6 p.m. on Saturday and from 9 a.m. - 2 p.m. on Sunday at each venue. This event is open to the public and admission is FREE.

The mission of the Special Olympics is to provide year-round sports training and athletic competitions in a variety of Olympictype sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Thousands of coaches, volunteers, family members, friends, and spectators dedicate their time to the Special Olympics New Jersey.

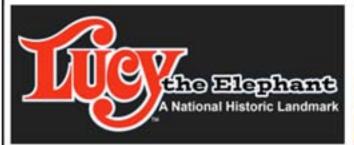
For additional information, call 609-896-8000 or visit www.sonj.org.





ATLANTIC COUNTY

Greater Atlantic City Concierge Association's HOT SPOT LUCY THE ELEPHANT



Where is Lucy The Elephant located? 1 Lucy Plaza (9200 Atlantic Ave, Margate

When are you open? In winter, we are open Saturdays and Sundays from 11am-4pm with guided tours through the interior of Lucy every 45 minutes



What does your venue specialize in? Giving tours of the world's largest elephant and providing a unique, great space for special events.

What is the current reason one MUST come to Lucy The Elephant? Lucy just completed a \$2.5 million exterior restoration and she looks "ELEPHANTASTIC!" Where else in the world can you walk through an elephant and come out alive?!! What is your favorite secret that the crowds have yet to discover? Lucy isn't female.

Why is Lucy The Elephant a necessary part of Atlantic City? Lucy is a National Historical Landmark and American's oldest roadside attraction.



What are some other special reasons to come visit Lucy The Elephant? Lucy is a 6-story elephant. She offers spectacular views from her howdah (riding carriage) and she is the oldest surviving example of zoomorphic architecture (buildings in the shape of animals) in the world.



Please share any important information locals and visitors should know about Lucy The Elephant. Lucy was one of the first structures built in what was then called South Atlantic City, now Margate, in 1881. She was the first of 3 elephants built by entrepreneur, James Lafferty. The other two, Elephantine Collossus in Coney Island burned down in 1896 and Light of Asia built in Cape May was destroyed in 1900.







This pretty girl is about 18 weeks old and 16 lbs. She's very playful and loves toys. She can be a bit timid at first but warms up quickly and loves to give kisses.

Humane Society of Atlantic County • (609)347-2487.

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



"MEET THE PACK!"

The Seeing Eye Online Auction

Plans are underway for The Seeing Eye's 2023 Online Auction! The auction will take place April 27 through May 10, 2023. Proceeds from this annual event go directly toward fulfilling our mission to nurture the partnership between specially trained Seeing Eye" dogs and people with vision loss.

AUCTION DONATIONS

The online auction is made possible by generous individuals and businesses who donate items for bidding. Not only will you be supporting our mission, you will also be showcasing your products and services to thousands of our supporters!

The online bidding runs April 27 through May 10, 2023 and when the auction is live it will be hosted at www.seeingeye.org/auction. Each item listing will include a detailed description, photographs, your company's logo and a direct link to your webpage. Auction items range from jewelry, gift cards, dog toys, sports tickets, vacation stays and more!

For additional information or to donate item(s), please contact us at 973-525-1088 or auction@seeingeye.org.

Item donations should be received no later than March 24, 2023 and addressed to:

The Seeing Eye Auction Team 1 Seeing Eye Way Morristown, NJ 07960

Just a little less than a month until the auction stops accepting donations. Thank you to all those who have donated already! Seeing Eye pup Bart has been very busy helping his raiser volunteer for the online auction. Last week he picked up beautiful pearls from the very generous Roman Jewelers in Bridgewater. This week him and his raiser went around Chester to see if any stores would be interested in donating to the auction. We are sure he did a great job!





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.







TIDE TABLE

TIDES FOR ATLANTIC CITY Starting with March 15, 2023

Day	Š.	High	η.	ide	Height	Sunr	ise	Moon	Time		% Moon
Day		/Low		ime	Feet				11110		Visible
W	15	High	1:43	AM	4.2	7:09	AM	Rise	2:56	AM	53
	15	Low	8:28	AM	0.5	7:04	PM	Set	11:52	AM	
	15	High	2:12	PM	3.0						
	15	Low	8:19	PM	0.4						
Th	16	High	2:59	AM	4.3	7:08	AM	Rise	3:59	AM	42
	16	Low	9:41		0.4	7:05	PM	Set	12:58	PM	
	16	High	3:36	PM	3.0						
	16	Low	9:35	PM	0.3						
F	17	High	4:13	AM	4.5	7:06	AM	Rise	4:52	AM	31
	17	Low	10:47	AM	0.1	7:06	PM	Set	2:12	PM	
	17	High	4:50	PM	3.3						
	17	Low	10:47	PM	0.0						
Sa	18		5:18		4.7	7:04		Rise			21
	18	Low	11:45		-0.2	7:07	PM	Set	3:30	PM	
	18		5:51		3.7						
	18	Low	11:50	PM	-0.3						
Su	19	High	6:16	AM	4.9	7:03	AM	Rise	6:12	AM	12
	19	Low	12:37	PM	-0.5	7:08	PM	Set	4:48	PM	
	19	High	6:45	PM	4.1						
М	20	Low	12:48	AM	-0.6	7:01	AM	Rise	6:43	AM	5
	20	High	7:08	AM	5.1	7:09	PM	Set	6:04	PM	
	20	Low	1:25	PM	-0.7						
	20	High	7:35	PM	4.5						
Tu	21	Low	1:41		-0.7	7:00		Rise	7:10		1
	21		7:57		5.1	7:10	PM	Set	7:19	PM	
	21	Low	2:11		-0.8						
	21	High	8:22	PM	4.8						







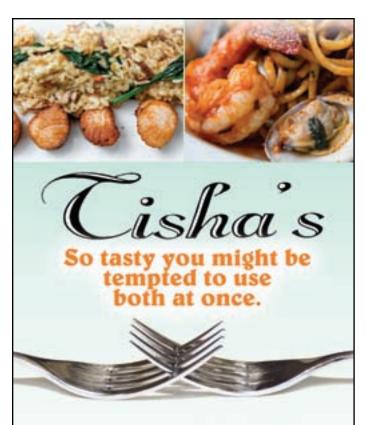


MONE	DAY EV	/ENINC	}								MAR	RCH 20	, 2023
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS © (D	VS)	NCIS: Haw	ai'i	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Bache	elor (In Stere	eo) 🚾		The Good	Doctor	News	Jimmy Kir	nmel Live!
10-NBC	News	NBC	News	Holly	The Voice	"The Blind A	Auditions, Pa	art 5"	Quantum I	_eap	News	Tonight SI	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	ws at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Dogs in W	ild	NOVA 🖭 (DVS)	A Good Li	fe 🖾	NJ Spotl	One/One	World
29-FOX	The Six	The Pulse	TMZ ©	You Bet	9-1-1 © (D	VS)	TMZ-The F	ifth Plane	The 10 Nev	WS	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All Americ	an 🚾	All Americ	an	News Phill	y	Law & Ord	ler: SVU	Neighbor
A&E	The First 4	8 00	The First 4	8 00	The First 4	18 "Taken"	The First 4	18 🚾	The First 4	8 @	The First 4	18 CC	First 48
AMC	(5:30) ★★½	"Demolition	n Man" (199	3)	★★½ "The N	Nummy" (19	999) Brenda	n Fraser. 🕮		★★½ "The I	Nummy Ret	urns" (2001) CC
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	CNN Tonio	ght 🔯	CNN Tonig	ght 🚾	CNN Tonig	ght 🚾	AC 360
DISC	Fast N' Lo	ud 🔯	Street Out	aws	Street Out	laws: Faste	st in Ameri	ca "Small Ti	res, Big Mou	ıths"	Street Out	laws	Outlaws
DISN	Ladybug	Ladybug	★★½ "Cars	2 " (2011) (li	n Stereo) 'G	' CC	Marvel's	Marvel's	Kiff ©	Big City	Ladybug	Ladybug	Bluey
ESPN	SportsCen	ter 🚾	NCAA Wor	nen's Bask	etball		NCAA Wo	men's Bask	etball		SportsCen	iter	SportCtr
ESPN2	NCAA Wor	nen's Bask	etball		NCAA Wo	men's Bask	etball		NCAA Wo	men's Bask	etball		NFL Live
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Ca		Hannity (L		The Ingrah	am Angle	Gutfeld! ©	1	Fox News
FX	(5:00) ***	½ "Fight Clu	ıb" (1999) 🛚		★★½ "S.W./	A.T. " (2003)	Samuel L.	Jackson. 🕮		★★½"S.W.	A.T. " (2003)	(In Stereo)	CC
HBO	The Last	★★½ "The I	lobbit: The	Battle of th	e Five Arm	ies"	Perry Mas	on 🚾	Rain	Perry Mas	on 🖾	Rain	Mason
HIST	History's-N	/lysteries	History's-N	/lysteries	History's-I	Mysteries	History's-I	Mysteries	Greatest o	f All	History's-I	Mysteries	Mysteries
ION	Criminal M	linds 🖾	FBI ©		FBI "Hackti	ivist" 🚾	FBI "Traum	na" 🚾	FBI "Know	Thyself"	FBI (In Ste	reo) 🚾	FBI ©
	Castle ©		Castle ©		Castle ©		Castle ©		Castle ©		Castle ©		Castle
MAX	(5:40) ***		(2011) (In St	ereo)	"The Day t	the Earth St	ood Still"	"Knock Kı	nock" (2015) Keanu Re	eves. 🚾	"Conan-Ba	arb."
NBCSPA	Birds	Sixers	NBA Bask	etball Chica	go Bulls at F	Philadelphia	76ers.	Sixers Pos	st.	Birds	Greatest	Snow	Basket
NICK	Loud	Loud	*** "Desp	icable Me 2	?" (2013) (In	Stereo)	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men				Boys " (1995		,	,			oys II" (200	
TBS	Sheldon	Sheldon			0 0				American		1		
TCM	` '	,, , ,	962, Musica	<u>'</u>		nrise" (1927	<u>'</u>	1	e Last Comi	,		** "The C	
TNT	"Star Wars	: New"				rikes Back"	, ,	,	True Blood	d (In Stereo)	1	True Blood	30 L
USA	Chicago F	ire	Chicago F	re	WWE Mon	day Night F	RAW (In Ste	reo Live) 🖾			Chrisley	Chrisley	Chrisley

TUES	DAY E	VENIN	G								MAF	CH 21	, 2023
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	FBI (In Ster	eo) 🚾	FBI: Intern	national	FBI: Most	Wanted	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Rookie		The Rookie: Feds		Will Trent "Manhunt"		News Jimmy Kin		nmel Live!
10-NBC	News	NBC	News	Holly	Night	American	The Voice	CC	That's My	Jam	News	Tonight Sh	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	vs at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Agatha Ch	ristie's Poi	rot 🖾	The Doobi	e Brothers		NJ Spotl	Look Up	World
29-FOX	The Six	The 215	TMZ ©	You Bet	9-1-1: Lone	Star	Accused ©	(DVS)	The 10 Nev	vs	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Superman	& Lois	Gotham K	nights	News Phill	у	Law & Ord	er: SVU	Neighbor
A&E	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer
AMC	(4:15) "The	Mummy"	★★½ "The N	lummy Ret	urns " (2001) Brendan F	raser. 🚾		** "The Le	egend of Ta	ı rzan " (2016	6) Premiere.	CC
CNN	Situation Room E. B. OutFront				Anderson	Cooper	CNN Tonio	ght 🔯	CNN Tonight ©		CNN Tonight ©		AC 360
DISC	Homestead	omestead Rescue "By a Landslide" ©				d Rescue "S	Subarctic S.0	O.S."	Homestead Rescue		Homestead Rescue		Rescue
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Marvel's	Villains	Villains	Big City	Hamster	Ladybug	Ladybug	Bluey
ESPN	SportsCenter © 2023 NIT Basketball Tourn						2023 NIT E	Basketball T	ournament	ırnament SportsCenter			SportCtr
ESPN2	Wager The Point 2023 CBI Basketball T				ournament		Bad 2023 CBI Basketball Tour				:	The Draft	
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Ca	rlson	Hannity (Live) © The Ingra			•			Fox News
FX	(4:30) ***	" X2 " (2003) CC	*** "Thor	" (2011) Chris Hemsworth. (In Stereo) ©				Under the	Banner of I	leaven	1	
HBO	"Rememor	y " (2017) P	eter Dinklag	e. 'PG-13'	*** "Edge of Tomorrow" (2014) 'PG-13'			REAL Spo	rts	Perry Mason ©		"Heat"	
HIST	Curse of O	ak Island	Curse of O	ak Island	Curse of O	e of Oak Island Drilling Down			Greatest Heists		Curse of Oak Island		Oak Is
ION	Chicago Fi	re	Chicago Fi	re	Chicago Fi	re	Chicago F	ire	Chicago Fire		Chicago Fire		Chi. Fire
	Castle ©		Castle ©		Castle © Castle "Boom!" ©			Castle ©		Castle ©		Castle	
MAX	(4:51) ***	½ "JFK" (19	91) (In Stere	90)	** "Anna"	Anna" (2019) Sasha Luss. (In Stereo) **			★★ "The Purge: Anarc		chy" "Hot Tub I		/lach."
NBCSPA	Birds	Pregame	NHL Hocke	y Florida P	anthers at P	hiladelphia f	-lyers.	Flyers Pos	tgame	Birds	Brewing	Birds	Hockey
NICK	Loud	Loud	,		e of Meatba		Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men			Movie (In S						A.T. " (2003)	(In Stereo)	
TBS	Sheldon	Sheldon	Big Bang						Big Bang			Sheldon	Sheldon
TCM	` '	`	979) Peter F		**** "To				***½"Witr			, ,	
TNT	(5:58) ***	½ "Star War	s: The Last	Jedi" (2017) Mark Ham	ill.	★★½ "Star Wars: The Rise of Skywalker" (2019) Carrie Fisher. (DVS)						
USA	Law & Order: SVU Law & Order: SVU WWE NXT (In Stereo Live) *** "The Gift" (2015) Jason Bateman. Premiere.									ere.			

WEDN	EDNESDAY EVENING MARCH 22, 2023													
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	
3-CBS	News	CBS	Inside Ed.	ET	Survivor "l	'm Felicia"	Lingo "Epis	sode 9"	True Lies	CC	News	Late Show	-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	Conners Conners		Abbott	Not Dead Million		Million Little		News Jimmy Kim		
10-NBC	News	NBC	News	Holly	Chicago M	ed	Chicago Fi	ire Chicago P.		.D.	News	Tonight Sh	now	
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Ne	ws at 10	Seinfeld	Two Men	Two Men	
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Drive-Hist	Look Up	Halifax	Halifax: Ro	etribution	Isabel	NJ Spotl	Class	World	
29-FOX	The Six	ClassH	TMZ CC	You Bet	The Maske	d Singer	Farmer Wants		The 10 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Flash	CC	Gotham Knights		News Philly		Law & Order: SVU		Neighbor	
A&E	The First 4	18 @	The First 4	8 00	The First 4	8 00	The First 4	The First 48 ©		The First 48 ©		The First 48 ©		
AMC	(3:30) ***	★ "The Goo	lfather, Part	: II"	**** "Goodfellas" (1990) Robert De Niro, Ra				ay Liotta. 🚾		**** "The	" (1972)		
CNN	Situation F	Room	E. B. OutFi	ront	Anderson Cooper		CNN Tonight ©		CNN Tonight ©		CNN Tonight ©		AC 360	
DISC	Moonshine	ers 🚾	Moonshine	ers	Moonshiners ©		Moonshine	ners © Moonshi		ers Master Dis		tiller	Moon	
DISN	Big City	"Alvin-Chi	pwrecked"		"Alvin and the Chipmi		unks"	Hamster	Kiff ©	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCen	iter 🚾	NBA	NBA Bask	etball: Warri	: Warriors at Mavericks NBA Baske					etball Phoenix Suns at Los Angeles Lakers.			
ESPN2	CBI Tourn. 2023 NIT Basketball T			ournament 2023 NIT Basketball To				ournament SportsCenter			nter 🚾	SportCtr		
FNEWS	Special Report Jesse V		Jesse Wat	ters	Tucker Carlson		Hannity (Live) ©		The Ingrah	nam Angle			Fox News	
FX	(4:30) ***	"Thor"	***¼ "The	Avengers"	(2012) Robert Downey Jr. (In Stereo)			Snowfall ©		Snowfall ©		Snowfall		
HBO	REAL Spo	rts	Perry Maso	on ©	*** "Captain Phillips" (2013) 'PG-13'			"All the Be	eauty and th	ne Bloodshed" (2022)		Rain		
HIST	Pawn Star	s	Pawn Stars	S	Pawn Stars Pawn Stars		s	Pawn Stars		Pawn Stars		Pawn		
ION	Blue Blood	ds 🚾	Blue Blood	ds 🚾	Blue Bloods © Blue		Blue Blood	lue Bloods ©		Blue Bloods ©		Blue Bloods ©		
	Castle ©		Castle ©		Married at First Sight ©				Married-UK		Married at First Sight		Married	
MAX	★★½ "Overl	board " (198	37) Goldie Ha	awn.	★★ "Meet Dave" (2008) ©		** "The Stepford Wives" ©		"What to Expect Whe		n"			
NBCSPA	Birds	Greatest	Birds	Sixers	NBA Baske	etball Philad	delphia 76er	s at Chicago	Bulls.	Sixers Pos	st.	Birds	Basket	
NICK	Loud	Loud	★★½ "The A	Addams Far	nily" (2019)	CC	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	★¼ "S.W.A.T." (2003)		Samuel L. Jackson. (In		,		To Be Announced			
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (Liv		Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	
TCM	*** "Black Narcissus" (1947) Sabu © "Here Co					es Mr. Jord	dan" ©	★★★½ "The	Ghost and	"Lost Horizon" ©				
TNT	Lucifer ©	er © (DVS) Foodies NHL			NHL Hockey: Penguins at Avalanche					NHL Hock				
USA	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	w & Order: SVU Law & Order: SVU Law & Order					Law & Ord	ler: SVU	Law-SVU	

THUR	SDAY	EVENI	NG								MAF	RCH 23	, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00		
3-CBS	News	CBS	2023 NCA	A Men's Ba	s Basketball Tournament			2023 NCAA Men's Basketball To				urnament			
6-ABC	News	ABC	Jeopardy!	Wheel	Station 19	(In Stereo)	Grey's A	natomy	Alaska Da	ily	News	Jimmy Kir	nmel Live!		
10-NBC	News	NBC	News	Holly	Law & Ord	ler	Law & Or	der: SVU	Law & Ord	ler	News	Tonight S	now		
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Union	Sports	Action Ne	ws at 10	Seinfeld	Two Men	Two Men		
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Kasturba	Gandhi	Memory	Makeover W	ith Daniel A	men, MD	NJ Spotl	The Arts	World		
29-FOX	The Six	Kelly	TMZ ©	You Bet	Next Leve	l Chef	Animal	Kat	The 10 Ne	ws	News	Feed	Extra		
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker ©		Superma	n & Lois	News Phil	y Law & Ord		der: SVU	Neighbor		
A&E	The First 4	18 🔯	The First 48 ©			18 CC	The First 48 ©		City Confidential		The First 48 ©		First 48		
AMC	(5:00) ★★★★ "Goodfellas" (1990) ©				*** "True Lies" (1994, Action) Arnold S			Arnold Schwa	rzenegger. 🛭	C	"Clear and	anger"			
CNN	Situation Room E. B. OutFront				Anderson	Cooper	CNN Tonight © CNN Tor		CNN Tonio	ight CNN Toni		ght 🕮	AC 360		
DISC	BattleBots	attleBots "Robot Redemption" ©				"Violent Nig	ht" (In Stereo) 🖾		BattleBots "Mirror, Mirr		ror" (In Stereo) ©		Battle		
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Marvel's	Raven	Raven	Big City	Hamster	Ladybug	Ladybug	Bluey		
ESPN	SportCtr	NHL Hock	ey Minnesota Wild at Philadelphia Flyers. NHL Hockey Pittsburgh Pengui							at Dallas Stars. @ SportsC.			SportsC.		
ESPN2	The Point	Wager	NFL Live ©	C	Bad PFL 2023 UFC 268: Usman vs. Covington 2					From Nov. 6, 2021. @			Player 54		
FNEWS	Special Report Jesse Watters				Tucker Carlson Hannity (Live) ©			The Ingrah	The Ingraham Angle Gutfeld! ©						
FX	,	½ "The Aver	•	,	"Fantastic Four: Rise of the Silver Surfer" **					*** "Logan" (2017) Hugh Jackman. (In Stereo) ©					
HBO	"Burgers"	★½ "Tammչ	y" (2014) 'R	CC	*** "The Menu" (2022) Ralph Fiennes.				Mason	*** "The	Many Saint	lany Saints of Newark			
HIST	Swamp Pe	ople	Swamp Pe	ople	Swamp People (DVS) Swamp P			eople	Swamp Pe	eople © (DVS)		Swamp			
ION	Chicago P	.D.	Chicago P	.D.	Chicago P	.D.	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago		
	Castle "Punked" Castle ©			Married at First Sight Married-UK			Married at First Sight				Married				
MAX	★★½"Non-	Stop" (2014) Liam Nees	on.	★★½ "Eagle Eye" (2008) Shia LaBeouf.			Beouf.	** "Conar	the Barba	rian" (2011) ©		"Bringing		
NBCSPA	Birds	Brewing	Birds	MLB Prese	eason Base	ball: Tigers	at Phillies		Birds	In. Golf	World Pol	er	Poker		
NICK	Sponge.	Sponge.	Dylan	Lay Lay	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends		
PARMT	Two Men	Two Men	Two Men	Two Men	★★½ "Majo	r League" (1989) Tom	Berenger. @		*** "Wed	ding Crash	ers" (2005)	CC		
TBS	Tip-Off	Tip-Off 2023 NCAA Men's Basketball Tournament 2023 NCAA Men's Basketball Tournament Inside March											ch		
TCM	★★½ "Perio	d of Adjust	ment" (1962	2)	**** "Th	**** "The Yearling" (1946) @ (DVS)					lendor in the Grass" (1961, Drama) ©				
TNT	(5:30) * *½	"Pitch Perf	ect 2" (2015	i)	*** "Beauty and the Beast" (2017) Emma Watson.							17)			
USA	"John *** "John Wick" (2014) Keanu Reeves.										3"				



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Spring Training, Part 2 George Dickie 8) Which team traveled to

By George Dickie

Questions:

- 1) What term describes the day that a Major League Baseball team's gear is packed up from their home stadium and moved south for spring training?
- 2) What two food items are highly consumed by baseball players during spring training?
- 3) Who are the first players to report to spring training?
- 4) What two states traditionally host spring training?
- 5) What formal names have been applied to the two spring training regions and the teams that play there?
- 6) Name the first two teams to move their spring training facilities to Arizona.
- 7) Where did the New York Yankees train in 1951?

- Havana, Cuba, to train for the 1947 season?
- 9) What is oldest stadium currently used for spring training?
- 10) This year, many players have left their spring training camps to compete in this tournament. Name it.

Answers:

- 1) Truck Day
- 2) Gum and sunflower seeds
- 3) Pitchers and catchers
- 4) Florida and Arizona
- 5) Florida hosts the Grapefruit League, and Arizona hosts the Cactus League
- 6) The New York Giants and Cleveland Indians moved west in 1947
- 7) Phoenix
- 8) The Brooklyn Dodgers
- 9) LECOM Park in Bradenton, Fla., opened in 1923
- 10) The 2023 World Baseball Classic

