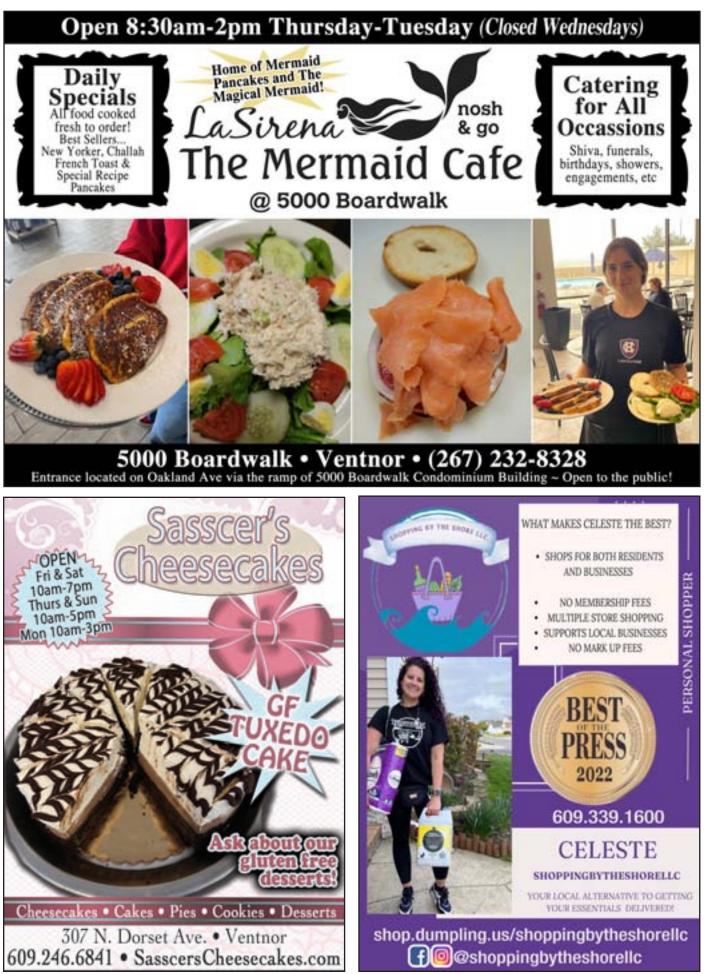
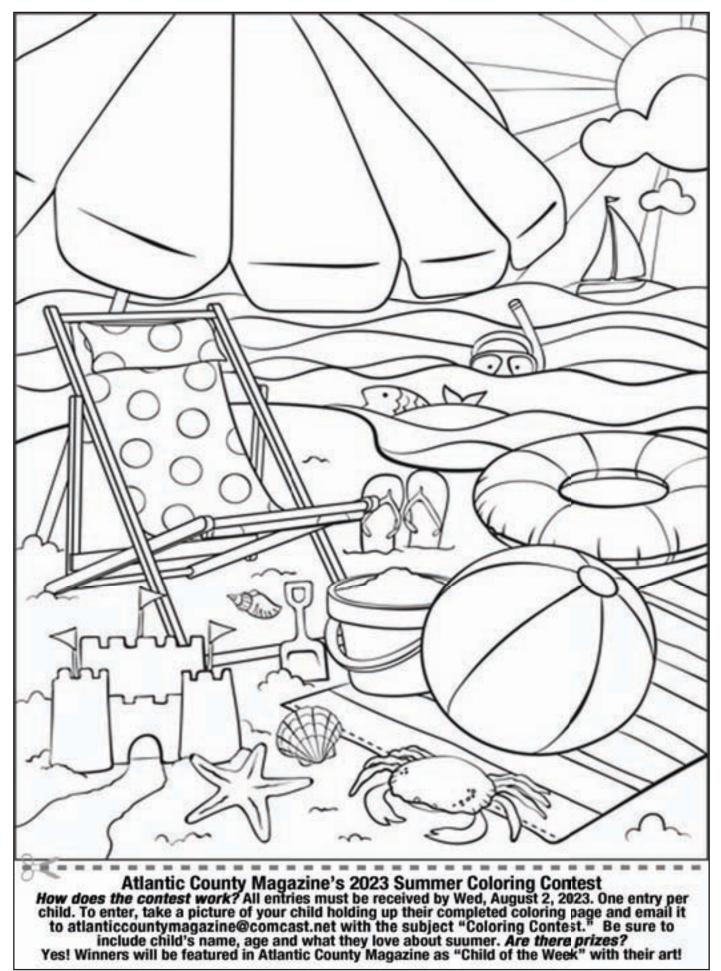


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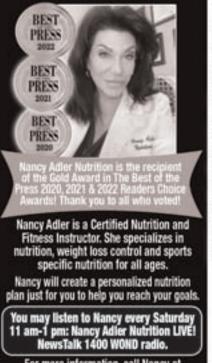








'In My Opinion" by Nancy Adler



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

NUTRITION, WEIGHT LOSS & FITNESS HEALTHY BBO CHOICES

The 5 healthiest BBQ foods are grilled fish, veggie skewers, grilled chicken breast, turkey burgers and grilled fruits. These foods are proof you can enjoy friends and family and stay on your nutritional plan. They are foods that are delicious without sacrificing your health.

You can bring foods to your BBQ like chopped salads sliced crudités and watermelon. This way you can fill up on these nutrient dense foods instead of heavier caloric choices. In general, chicken and fish are the best protein choices. If you want to enjoy a hamburger maybe choose a ground meat that is 90% lean.



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



BOARDWALK HALL:

8/16 - VIP AIR SHOW WATCH PARTY 9/29 - WU-TANG CLAN & NAS: NY STATE OF MIND 10/7 & 8 - ATLANTIC CITY COMEDY FESTIVAL

HARD ROCK:

7/27 - ALABAMA 7/28 & 29 - SANTANA: 1001 RAINBOWS TOUR 7/30 - DONNY OSMOND 8/4 - DAN + SHAY 8/11 - INCUBUS 8/12 - RICK SPRINGFIELD

CAESARS: 7/27 - SMOKEY & ME:

A CELEBRATION OF Smokey Robinson 8/18 - John Fogerty 8/24 - Dance to the Movies 8/25 - Train

BORGATA:

8/4 & 5 - MOE. 8/18 - Chris Distefano 8/25 - Jessica Kirson 9/2 - Gabriel Iglesias

GOLDEN NUGGET:

7/29 - HERMAN'S HERMITS 8/5 - AMBROSIA 8/11 & 12 - ROD STEWART TRIBUTE

OCEAN RESORT:

NOW - 9/3 - MAGICAL MYSTERY DOORS 7/28 - HAPPY TOGETHER TOUR 2023 7/29 - ANDREW SCHULZ 8/4 - AIR SUPPLY 8/5 - VOLBEAT WITH HALESTORM

TROPICANA:

7/29 - JACK WHITEWALL 9/28 - THE SPINNERS





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. Asian nation
- 9. Melancholy
- 10. Hitchhiker's hope
- 11. Ending for ball or bass
- 13. Muscat resident
- 15. Increase (2)
- 17. Asian nation
- 18. Motel staple
- 20. Initials for Biden's predecessor
- 21. Garden tool
- 23. Ooh and __; express delight
- 24. Child
- 25. Busiest NY airport
- 26. Drug tragedy, for short
- 29. __-do; bustle
- 30. Asian nation
- 34. Late actor __ Hyman
- 36. Uncanny
- 38. Univ. in Tempe
- 39. Wading bird
- 42. ___ nutshell; briefly
- 43. Asian nation

DOWN

- 1. Word from Emeril
- 2. Eden evictee
- 3. Put on a happy face
- 4. Amanda Peet's age
- 5. Promo
- 6. Good buy
- 7. Word with jerk or pop

- 8. Weather forecast
 9. Asian nation (2)
 12. Asian nation (2)
- 14. "Stat!"
- 16. Clamor
- 19. Empty space
- 20. Loonv
- 22. Ames or Asner
- 23. Racer Foyt
- 27. Chum
- 28. Dessert choice
- 30. TX's U.S. Senator Ted
- 31. Israel's Golda
- 32. Ricky Ricardo's portrayer
- 33. Operatic solo
- 35. As dumb ____ box of rocks
- 37. Place to stay
- 40. Air gun pellet
- 41. Cedar Rapids' state: abbr.







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HOROSCOPE

ARIES (Mar. 21- April 20)

Be discreet and don't reveal any personal information. Try to communicate if you wish to help. Put your energy into moneymaking ventures. Generosity will put you in the poorhouse.

TAURUS (Apr. 21- May 21)

Passion is about the best way for you to relieve tension. You need to take a long, hard look at yourself and your personal situation. You have been going through a period of change that no doubt caused problems with your loved ones. You might find it difficult to control your emotions.

GEMINI (May 22-June 21)

Depression may result if you don't get to do things your own way. Courses dealing with psychology or health care will be of interest. You can get your point across and make valuable connections. If you go shopping, only take what you can afford to part with.

CANCER (June 22-July 22)

Someone you least expect may not have your best interests at heart. Disharmonyin your relationship may cause minor ailments. You will gain new friends if you get involved in environmental issues. You must get out and mingle.

LEO (July 23-Aug 22)

ε,

7

檜

5.

Travel will be fun and entertaining. You would be best to work late in order to woid such disharmony. Do the necessary chores and then do things that please you. Try tobe understanding.

VIRGO (Aug. 23 -Sept. 23)

Physical work or exercise should be part of your schedule. You need to make your lover feel wanted, not like a piece of the furniture. Investments concerning your residence will be profitable. You can make new connections through friends or relatives.

LIBRA (Sept. 24 -Oct. 23)

Friends may not understand your situation. The locks, stove, gas, or electric wins may not be secure. Dream a little this week. You need to take a long, hard look at yoursef and your personal situation.

SCORPIO (Oct. 24 - Nov. 22)

Your high energy and discipline will enable you to complete any seemingly insumountable tasks. Social get-together will bring you in contact with intelligent new friends. Bon't press your luck with your loved ones. Travel will lead you in new directions.

SAGITTARIUS (Nov. 23 -Dec. 21)

You will find your vitality is lowered. Job changes are in order. Go for interviews w send out resumes. Get proper medical attention and confront your situation decisively. Be discreet about your personal life or whereabouts. Be mysterious.

CAPRICORN (Dec 22 - Jan. 20)

You could have a need to make some changes this week. Money can be made if you use your ingenuity. Don't volunteer private information about yourself unless you're prepared to be talked about behind your back. You can't live your life for others.

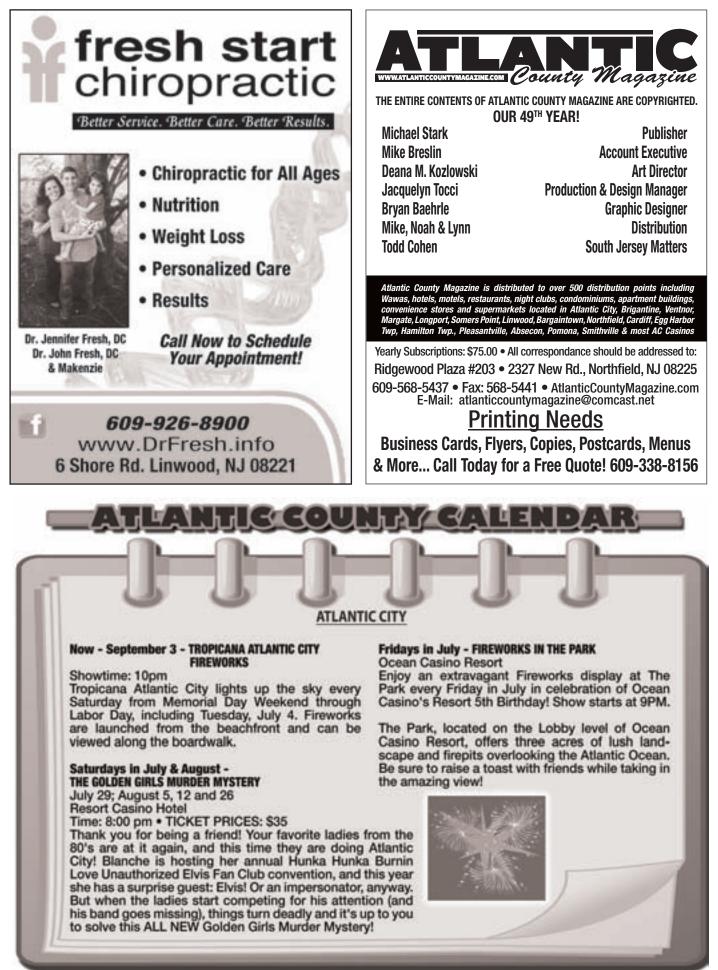
AQUARIUS (Jan. 21 - Feb. 19)

Don't overspend or give too freely to others. Be careful if a friend asks you for advice. Take time to explain your intentions to loved ones. Your health may suffer if you don't control your present situation.

PISCES (Feb. 20-Mar. 20)

Your need to put great detail into everything you do may cause you to miss the werall picture. Your disciplined attention to jobs will enhance your position. You can make readway if you share your intentions with someone you care about. You will have original ideas for ways to make extra money.





'ROUND THE REGION with Sharon



By Sharon Harris-Zlotnick

Hello South Jersey: **CONSISTENT QUALITY**

When it comes to chain restaurants, you probably envision Harbor and Galloway Townmid-priced family-style eateries and mass-produced food. So, isn't it wonderful to patronize a "chain" where everything is cooked to be special and delicious?

Throughout Cape May County and Lower Merion Township in suburban Philadelphia, the Otto by Polpo locations are called Polpo, Fratelli or La Fontana tionwide. restaurants.

Wherever you choose, you are in for a treat at all of them. https://ottobypolpo.com/

Last week, friends stayed at the elegant Reeds Resort in Stone Harbor. The small, boutique size-fits-all approach. Curexa property delivers a first-rate prepares individual medicines guest experience. Norman and I met them on a quiet Monday evening at La Fontana Vecchia, their BYOB Avalon location.

Coast in Sea Isle and La Fontana He's a tiny guy, nicknamed Del Mare in Strathmere multiple "skinny Vinny," with a heart times. This was a first in Avalon and well worth the drive. The wonderful meal was fresh, well prepared and the portions were very fair for the price.

For you readers who live "on" or near the Philadelphia Main Line area, try their Bryn Mawr dining room, called Otto Polpo at the Bryn Mawr train station. Closer to Philadelphia is La Collina on the hill with a fabulous view.

MEDICINE UNIQUELY CREATED

Does a day go by on television or radio without hearing dozens of advertisements for what seems like every ailment out there? Besides the ad copy, you can't escape the endless warnings about the side effects on some patients. What are you to do?

Curexa Pharmacy in Eqg ships believes they have better solutions. Since 2003, the family-owned pharmacy has become a leading provider of compounding, packaging and labeling. Their individually compounded medicines are used by telemedicine and medical providers, veterinarians, manufacturers and clinical research organizations na-

To say that no two patients are alike is an understatement. Everyone has a unique body chemistry, medical history and tolerance for medication. So, unlike standard prescriptions where it is almost a onethat specifically fit each patient's needs, whether human and animal.

I have used Curexa to formulate a blood pressure chew-We've dined at La Fontana able for our older cat Vinny. ailment. So, in addition to his various daily pills, Vinny enjoys his compounded chicken-flavored disk every morning.

> Compounding also offers more options for flavor and delivery. It is easy, affordable and convenient to reorder within a 48hour time frame.

The lab conditions for their pharmacists to work are clean and private. Walking in to pick To be truly decadent, indulge in up the medication, the only a sundae for \$8.95, with plenty

visible area is the check-out, which increases sanitation.

There are few compounding pharmacies in this area, but if your doctor or veterinarian suggests trying this approach, you should try Curexa.

For more information, call tollfree at 855-927-0390. Or, call 609-927-0390 to reach the Egg Harbor Township location. https://curexa.com/compoundina/

LOVIN' THAT ICE CREAM

Have you noticed that almost every vacant old 7-Eleven and Wawa building in this region doesn't stay empty for long? No matter where you drive, these recognizable structures are typically transformed into restaurants. doctors' offices. local businesses and multiuse operations.

So. I was happy to see that after a longer vacancy than I expected, the empty 7-Eleven store on Rt. 9 (New Rd.) in Linwood reopened as Twist Pretzels and Ice Cream. Unlike other ice cream operations in the area with only walk-up windows and some outside seating, Twist has used the former store space to include up to 23 seats inside and 60 outside on picnic benches.

Parking is also not an issue. There are 17 spaces and one handicapped spot. Plus. the cross streets also offer parking.

The menu is an ice cream lover's delight. It lists 13 handdipped and six soft-serve varieties. Love toppings? Choose from more than 20 to make a fabulous cone sugar or waffle cone in multiple sizes.

TWIST Pretzels & Ice Cream LINWOOD, NJ

of gooey toppings smothering the soft-serve. This is when vou should save your calories all day just to splurge. Check the website for the complete menu and hours.

You may have to time your visit right now. There is much roadwork nearby and the traffic has been detoured to Rt. 9. I am unsure how long it will last. The heavy traffic at certain times of the day is hard to avoid. So, entering and exiting may be difficult for a short time. But. judging from the scene inside the full glass windows, it will be worth the wait. https://www. twistlinwood.com/home

STILL TIME TO SEE GOR-**GEOUS HOMES**

Don't miss your last chance to visit several of this area's most beautiful homes. The fundraising 34 th Annual Jewish Family Service (JFS) House Tour is set for Monday, 8/7 from 11 a.m.-4 p.m. Hosted by Surroundings Interiors of Northfield, prepare to be spellbound by the creativity and beauty of these homes.

The \$75 ticket includes admission and a complimentary lunch. Raffle tickets (\$20) each/six for \$100) for some great prizes may also be purchased at ifsatlantic.org.

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

Ventnor Open Mon-Thurs 4-9pm • Fri, Sat & Sun 11am-9pm Ocean City Open 7 Days a Week 11am-9pm

Wishing you a Wonderful Summer! Please order ahead. * must mention specials - can't be combined with other offers *

 Mac n Cheese Half Pan (feeds 10-12) \$24.99
 (Add Shrimp or Crab \$20 each or Lobster for \$25 each) Mac n Cheese Family size (feeds 4-5) \$12.99
 (Add Shrimp or Crab \$10 each or Lobster for \$15 each) Premium Soups by the Quart (feeds 2-4) \$24.99 (Choose Cream of Alaskan King Crab or New Orleans Gumbo or Shrimp & Corn Chowder or Lobster Bisque with Meat, Maryland Heavy Veggie Crab) "Regular" Soups by the Quart (feeds 2-4) \$13.99 (Choose Chicken Matzoh Ball, Cream of Lobster Bisque, Chunky Tomato, New England Clam Chowder, Shrimp Bisque, Manhattan Clam Chowder) Cold Shrimp Cocktail with 18 Extra Large Shrimp \$19.99 (Bay Seasoning, Cajun, Cocktail Sauce, Tartar, Lemon or New Jersey -Butter Garlic Lemon) Quart Sized Cole Slaw or Potato Salad (feeds 3-5) \$12.99 (Preorder any 2 and get the 3rd free) Air Fryed CrabFull CrabCakes - Order 1/\$9.99 - 2/\$18.99 - 4/\$29.99 Our Own CornBread – Half Pan (About 30 pieces/chunks) \$24.99
 Family Size (about 6-7 pieces or chunks) \$9.99 Feed a Family (4-6) a Seafood Boil Feast from \$149.99 Any and all available for Take Out, Eat In (limited), FREE DELIVERY TO VENTNOR-MARGATE-LONGPORT-OCEAN CITY-SOMERS POINT--most of PLEASANTVILLE-ATLANTIC CITY (PACIFIC TO ATLANTIC as far as OCEAN CASINO)OTHER AREAS \$0-\$15 DEPENDING ON ORDER SIZE AND LOCATION Recognized as one of the Best of the Press 2021 and 2022!!!! 97.3 ESPN "Best Seafood Restaurants in South Jersey" One of the 25 Best Margate-Longport-Ventnor One of the Best of the Shore by Phila Bar Association (seriously) and The Main Line Media Group ппе 00 claws obste at PJBuck •SEAFOOD• (609) 246-6700 • 115 N. DORSET AVE • VENTNOR (609) 701-7562 • 8TH & OCEAN (621 E. 8TH) • OCEAN CITY See our Menu at PJBUCKETS.com **TAKE-OUT • DELIVERY • EAT-IN • FRESH MARKET**



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ATLANTIC COUNTY

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



BRIGANTINE – Lifeguards on duty, surfing beaches, showers, changing rooms, food permitted. Season tags are \$18; seniors 65 and over and children 12 and under free. Weekly tags are \$14, daily tags \$8. Seasonal parking permits are \$25. Purchase at the Brigantine Beach Community Center located at 265 42nd St. Call (609) 264-7350 or visit www.brigantinebeachnj.com

EGG HARBOR CITY - Lake Park, 2300 Philadelphia Ave. There are lifeguards on duty and restrooms. Residents pay \$10 for the season, nonresidents \$15. Senior citizens \$3; daily wristbands sold at lake for \$4 per day. Picnic tables are \$15 daily. Children 4 years old and younger are free. Purchase at the EHC Tax and Utility Office at City Hall, 500 London Ave. Call (609) 965-0123 or visit www.eggharborcity.org

HAMILTON TOWNSHIP - Cove Beach at Lake Lenape Lifeguards on duty, open 11 a.m. to 6 p.m. Thursdays through Mondays June 18 - August 3; Fridays through Mondays August 7 - September 7. Seasonal beach tags are \$14, daily wristbands are \$9. Children 11 and younger are free but MUST be accompanied by an adult. Seasonal tags are available at the administration office in Town Hall in Mays Landing or for purchase at the Cove. Call (609) 625-4762 or visit www.townshipofhamilton.com

MARGATE – Lifeguards on duty from 10 a.m. to 6 p.m., restrooms, surfing beaches, food permitted. Seasonal tags are \$15; tags also accepted in Ventnor. Beach badges are required every day except Thursday. Badges are sold at the Martin Bloom Community Pavilion at Huntington Avenue and the beach from 10 a.m. to 3 p.m. Monday-Sunday, and City Hall, 1 S. Washington Ave. from 9 a.m. to 4 p.m. Monday through Friday. Beach restrooms are located at Huntington Avenue (Bloom Pavilion), Rumson Avenue, Benson Avenue (Greenhouse), and Adams Avenue beach. Accessible beaches with mats for easier mobility are at Andover, Barclay, Clermont, Douglas, Exeter, Huntington, Kenyon, Osborne, Rumson, Vendome, Decatur, Madison, and Coolidge avenues. Call (609) 822-2605 or visit www.margatenj.com. Margate City Beach Patrol Headquarters is located at Decatur Avenue and the beach. Call (609) 822-2370

Beaches in Atlantic County

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

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

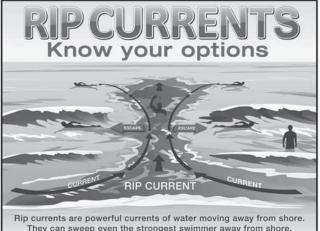
VENTNOR - Lifeguards on duty, 10 a.m. to 6 p.m. surfing beaches, fishing pier, food permitted. Season tags are \$15; weekly tags \$10. Tags also accepted in Margate. Purchase tags at Ventnor City Hall or from a beach tag checker. Ventnor City Beach Patrol Headquarters is located at the Suffolk Avenue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

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



RIP CURRENTS HOW TO AVOID & SURVIVE

A rip current is a specific kind of water current that can occur near beaches with breaking waves. A rip curent is a strong, localized, and narrow current of water which moves directly away from the shore, cutting through the lines of breaking waves like a river running out to sea.



They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

• Check water conditions before going in by looking at the local beach forecast before you leave for the beach and talking to the lifeguard at the beach.

Only swim at a beach with lifeguards. The chances of drowning at a beach with lifeguards are 1 in 18 million (U.S. Lifesaving Association).
Don't assume! Great weather for the beach does

 Don't assume! Great weather for the beach does not always mean it's safe to swim or even play in the shallows. Rip currents often form on calm, sunny days.

 Moving at speeds of up to eight feet per second, rip currents can move faster than an Olympic swimmer.

• Panicked swimmers often try to counter a rip current by swimming straight back to shore—putting themselves at risk of drowning because of fatigue.

• Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, but it is estimated that 100 people are killed by rip currents annually.

 If caught in a rip current, don't fight it! Swim parallel to the shore and swim back to land at an angle.



ATLANTIC COUNTY FARMER'S MARKETS

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



- 1 cup Cherry Tomatoes, Quartered
- 1 cup Cucumbers, Diced
- ¼ cup Red Onion, Diced
- 3 Tbsp Olive Oil
- 3 Tbsp Apple Cider Vinegar
- a Generous Sprinkle of
 Course Salt
- Course Salt
- Pepper to Taste
 1 Tbsp Fresh Parsley

INSTRUCTIONS:

Bring a large pot of salted water to a boil and add the corn. Cook for 3 to 4 minutes or until the kernels turn bright yellow (alternately, the corn can be grilled).

Drain the corn and cool completely. Use a sharp knife to remove the kernels from the corn cob. In a large bowl, combine the corn kernels, cherry tomatoes, diced cucumbers, and red onion. Drizzle the olive oil and apple cider vinegar over the salad. Season generously with salt & pepper to taste and toss well to combine. Just before serving, sprinkle with fresh herbs toss to combine. Notes: If time allows, grill your corn for maximum flavor. Preheat grill to medium high heat. Remove silk and husk from corn. Brush with olive oil and generously season. Grill 2-3 minutes per side or until slightly charred. Cool before using.



CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE BUTTER BASTED GRILLED SEA BASS

INGREDIENTS:

- 2 NICE SEA BASS FILLETS, SKIN ON & SCORED
- 1/4 CUP MELTED, UNSALTED
- BUTTER
- Kosher Salt & Fresh Cracked
- BLACK PEPPER TO TASTE
- FRESH CHOPPED CHIVES
- LEMON WEDGES FOR GARNISH

PREPARATION:

Preheat grill to medium high heat. Brush fillets lightly with some of the butter. Season fillets with salt & pepper. Spray the grill with nonstick spray. Places fillets on the grill, skin side down. Allow skin to get crispy & charred. Brush with more butter. Flip fillets over to another clean prepared spot of the grill & close the lid. When the fillets are finished, brush with butter one more time, plate, garnish, & serve. 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.

1	2		1		5	6		8
			4	2	6			
					9	1	7	
9	9	0	2			7	5	
				1				6
1	1 5	240			7	4		
4	4 8		7					5
			9	6	4			
6	6	11.5	8		1	-		











www.MeetAC.com

ATLANTIC COUNTY

(NewsUSA) - For U.S. Army veteran David Crenshaw, K9s For Warriors means two lives saved — his own and his service dog Doc, a German shorthaired pointer rescued from the kill-list at a local shelter.

K9s For Warriors is the nation's largest provider of trained service dogs for veterans with PTSD, traumatic brain injury and/or military sexual trauma. "I was isolated, detached and hoping I would die in the line of duty when I reached out to K9s For Warriors," said Crenshaw.

Crenshaw still remembers the moment he laid eyes on his service dog for the very first time. That day would change his life forever. He nervously opened the door to a gated yard at K9s For Warriors and found warm brown eyes with a ferocious wagging tail waiting for him. That was just the start of their forever friendship.

"Doc feels my emotions. He calms me. The bond has been lifesaving," Crenshaw said. Doc has even brought comfort to other service members. "I was in a department store and a man approached me. He told me he was a United States Marine veteran before he dropped to his knees and got emotional. He told me he had been contemplating suicide, but this moment just saved him. If Doc can do this for a stranger, just imagine what he does for me and my family," said Crenshaw.

K9s For Warriors, a veteran service organization, was founded in 2011 because of a mother's love. Shari Duval watched her son struggle with the invisible wounds of war. She noticed his service dog made all the difference in his life, so she dedicated her life to bringing this therapy to other veterans. Twelve years later, more than 875 warriors have graduated from K9s For Warriors' program, and more than 2,000 dogs have been rescued. helping people transition from rehab to a sober living home

We are a volunteer-ran 501c3 non-profit organization. Donations are tax deductible, and greatly appreciated, not matter how big or small.



www.stoptheheroin.org facebook.com/stoptheheroin stoptheheroin@stoptheheroin.org

K9s For Warriors Gives Veterans & Shelter Dogs a New Leash on Life

K9s For Warriors rescues most of its dogs from shelters and for six to eight months trains those K9s to become service dogs for American heroes. Because of generous donations, the organization provides these dogs at no cost to veterans.

"We have found through scientific research from University of Arizona's OHAIRE Lab that not only do these service dogs mitigate their veteran's symptoms of PTSD, they also simultaneously restore their confidence and independence," said K9s For Warriors CEO Carl Cricco.

Army veteran Becca Stephens said her service dog Bobbi – a brighteyed yellow Labrador retriever – has done just that. "It was like the scene in 'Avatar' when they attach themselves to the animal. That's exactly how I felt when I took the leash from the trainer," said Stephens. She self-medicated for years to try and get a handle on her PTSD and sadly considered taking her own life. All of that changed when she met Bobbi in August 2018. "Veterans are the heart and soul of this country, and some of us feel like we are drowning. It's hard because we've been trained to look out for everyone but ourselves. K9s For Warriors reminds us that we really can get better."

K9s For Warriors' mission is to save two lives — a veteran and a rescue dog. "The support from generous Americans who love veterans and want to save shelter dogs helps us deliver on our promise. We are extremely grateful for the support because together we are making a difference in the lives of our nation's heroes," said Cricco.

To learn more about K9s For Warriors or consider giving, visit www.K9sForWarriors.org

VENTNOR FREE CONCERTS: SATURDAY SUMMER BEACH JAM

Newport Avenue & the Beach in the Gazebo Crafters & Vendors – begins at 5:00 p.m. Band – begins at 6:00 p.m.

The Loop	August 5, 2023	Various
Dueling Pianos & Sir Rod	August 12, 2023	Dueling Pianos / Rod Stewart Tribute
		6pm 8:00pm
Parrot Beach	August 19, 2023	Jimmy Buffett Tribute Band
Party Wave Band	August 26, 2023	Party – Various
The Notion	September 2, 2023	Various Music – 70's to today



VENTNOR FREE CONCERTS: WEDNESDAYS SUNSET AT SKI BEACH

Ski Beach – Dorset and Burk Avenues Crafters & Vendors – begins at 5:00 p.m. Band – begins at 6:00 p.m.

ALSO: National Night Out @ Ventnor Heights Ball Fields – Tuesday, August 1 – Plaid Salmon & The Exceptions – Party/Horn Band, a little bit of everything Crafters & Vendors – begins at 5:00 p.m. / Music – begins at 6:00 p.m.

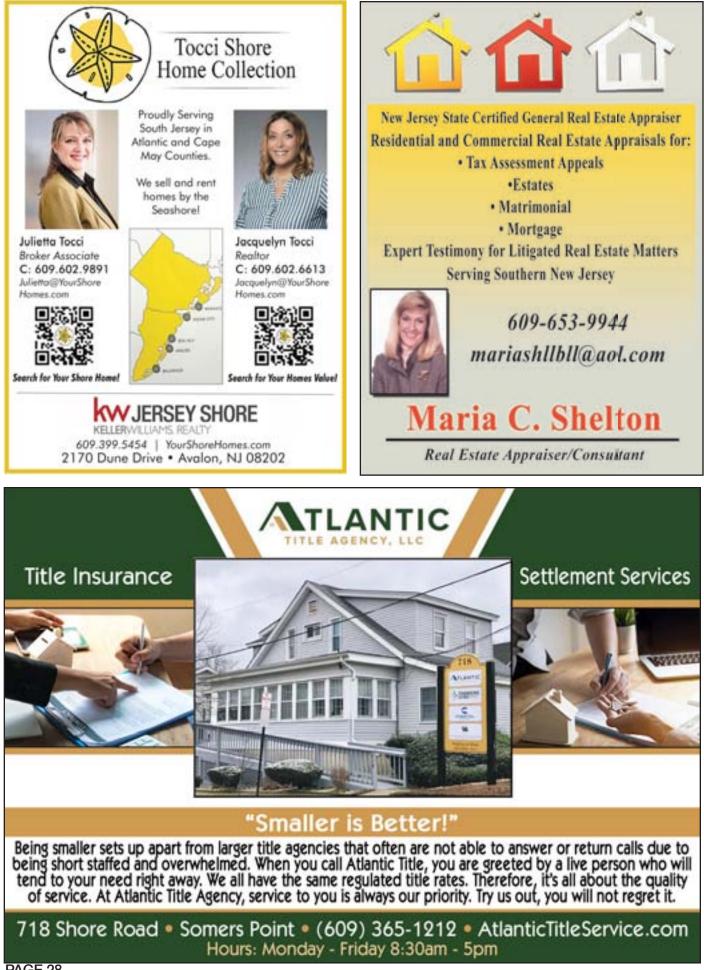
Dead Reckoning	August 2, 2023	Grateful Dead
The Usual Suspects	August 9, 2023	Cover band pop/rock
Countdown to Ecstasy	August 16, 2023	A Steely Dan Tribute Band
Sensational Soul Cruisers	August 23, 2023	Various – Motown, Philly Soul, Disco, R&B
The Exceptions	August 30, 2023	Party/Horn Band, a little bit of everything







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TIDES FOR ATLANTIC CITY STARTING WITH JULY 27, 2023

Day	18	High /Low		ide ime	Height Feet	Sunr: Sun:		Moon	Time		% Moon Visible
Th	27	High	2:25	AM	3.4	5:53	AM	Set	12:36	AM	58
STORES IN	27	Low	8:39	AM	0.6	8:15	PM	Rise	3:32	PM	
	27	High	3:21	PM	4.3						
	27	Low	9:51	PM	0.9						
F	28	High	3:32		3.3	5:54		Set	1:11	AM	68
	28	Low			0.5	8:14	PM	Rise	4:45	PM	
	28	High			4.6						
	28	Low	10:54	PM	0.7						
Sa	29	High	4:40	AM	3.4	5:55	AM	Set	1:55	AM	78
	29	Low	10:38	AM	0.4	8:13	PM	Rise	5:56	PM	
	29	High	5:20	PM	5.0						
	29	Low	11:53	PM	0.4						
Su	30	High	5:43			5:56	AM	Set	2:52	AM	87
	30	Low	11:38	AM		8:12	PM	Rise	7:01	PM	
	30	High	6:16	PM	5.3						
м	31	Low	12:49	AM	0.1	5:57	AM	Set	4:01	AM	93
	31	High	6:42	AM	3.8	8:11	PM	Rise	7:56	PM	
	31	Low	12:37	PM	-0.1						
	31	High	7:10	PM	5.6						
Tu	1	Low	1:41	AM	-0.2	5:58	AM	Set	5:19	AM	98
100000	1	High	7:38	AM	4.0	8:10	PM	Rise	8:41	PM	
	1	Low	1:34	PM	-0.3						
	1	High	8:03	PM	5.7						
W	2	Low	2:32	AM	-0.4	5:58	AM	Set	6:41	AM	99
	2 2 2	High	8:31	AM	4.3	8:09	PM	Rise	9:18	PM	
	2	Low	2:29	PM	-0.4						
	2	High	8:54	PM	5.8						



South Jersey Matters By Todd Cohen

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

Library to present 'History Hunts' at Atlantic City Experience

The Atlantic City Free Public Library will be holding "History Hunts" this summer at The Atlantic City Experience (ACX), located in the lobby of Jim Whelan Boardwalk Hall. People of all ages are invited to register for these Atlantic City history-based scavenger hunts. Participants will be given 50 questions to answer based on the exhibits and information presented at ACX. History Hunt will be held Aug. 18 for adults at ACX. The hunt will be held from 2-4 p.m. Free parking will be available at Boardwalk Hall for participants. There will be prizes for both the adult and children/ teen hunts: first place, \$100 Visa gift card and journal; second place, \$50 Visa gift card and the book "Images of America: Atlantic City" and third place, \$25 Visa gift card and history bookmark.

ABSECON LIGHTHOUSE 2023 SUMMER SCHEDULE

"Live Well AC" Farmer's Market 4:00pm - 7:00pm Vendors • Veggie Booths • FREE Yoga

Tues, August 8 • Tues, August 22

FREE Yoga Classes

Starting at 6:00pm Vendors • Veggie Booths • Yoga Mats Provided Sponsorsed by The Leadership Studio Tues, August 8 • Tues, August 22 **Wacky Wednesdays**

17:00am-3:00pm Includes crafts, activities, movies & coloring Gifts of the Garden, Dinosaurs, The Zany Zoo, and Outer Space Wed, August 2 • Wed, August 9 • Wed August 23

National Lighthouse Day Kids 12 & Under Climb Free!

Kids 12 & Under Climb Free! Mon, August 7







SATU	RDAY	AFTEF	RNOON								J	ULY 29	9, 2023
	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	Formula E		Pickleball		Course	One Shot	PGA Tour	Golf 3M Op	en, Third Ro	ound (N) (Liv	/e)	
G-ABC	oh baby!	Hearts of	Vets-Pets	NFL Live:	Back Toget	her Saturda	y (N) (Live)	UFC Live		UFC Coun	tdown	Action Net	ws 5PM (N
10-NBC	One Team	2023 Senic	or Open Cha	mpionship	Third Roun	d (N) (Live)	Countdo	NASCAR)	finity Racir	ng Series H	enry 180 (N) (Live)	
17-MNT	(11:00) Tru	Paid Prog.	Paid Prog.	RVing	Raw Travel	Pawn Stars	Pawn Stars	S.W.A.T. "	allen"	S.W.A.T. "	Pride"	Sheldon	Sheldon
23-PBS	(10:30) Mon	nents to Re	member	Young For	ever With N	lark Hyman	, MD	People	Steven	Dooky	Jazzy	Drive	State-Aff
29-FOX	True Crime	Paid Prog.	Paid Prog.	True Crim	e 2023	Paid Prog.	Paid Prog.	Horse Rac	ing Saratog	a Saturday	(N) (Live)		
57-CW	Paid Prog.	Weather G	one Viral	SOS "Storr	n Surge"	The First 4	8	True Crime	Paid Prog.	ICRIME	iCRIME	Law-SVU '	'Pop"
A&E	Best (N)	Delicious	Delicious	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 4	8	First 48 "M	lurder Rap"
AMC	≌∗∗∗ Ava	itar ('09) Zo	e Saldana, S	Sigourney W	leaver, Sam	Worthingtor	۱.	ਞ਼*★ I, Ro	bot ('04) Brid	dget Moyna	han, Will Sm	nith.	Movie
CNN	(11:00) CN	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	Smerconis	h	CNN News	sroom (N)	CNN News	sroom (N)
DISC	(11:00) Ja	Air Jaws F	inal	Mnster Mk	o Fr	Tropic Jaw	IS	Firda Shrk	Bld	Mnster Br	muda	Great Whi	te
DISN	Ladybug	PDiary of a	a Wimpy	BigCity	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug
ESPN	(9:00) NFL	Pickleball		UFC 291 C	ountdown	AKC Faste	st Dogs US	SA 2023 (N)		30 for 30 E	Bullies of Bal	timore	
ESPN2	(11:00) Sp	The Baske	tball Tourna	ament		The Baske	tball Tourn	ament		Rolling Av	vay (N)	Ath. Lacro	sse
FNEWS	(11:00) Ca	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	(N) (Live)	Journal Ec	litorial (N)	Fox News	(N) (Live)	The Five	
FX	Family Guy	ਝੈ★★ Good	d Boys ('19)	nblay.					≌,★ The W	aterboy ('98	3) Adam Sar	ndler.	
HBO	(10:25) 😤		ਝੈ★★ Unbr	eakable Bru	uce Willis.	(:15) Citize	n U.S.A.	(:10) The G	olden Boy	Part I	Golden Bo	y Part II	Movie
HIST	(11:00) Pic	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	The UnXpl		The UnXpl		The UnXp	lained
ION	(11:00) La	Law-SVU "	Intent"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU "	Flight Risk"	Law-SVU '	Info Wars"	Law & Ord	ler: SVU
LIFE	(11:00) ❣★ 7	★★ Trainwr	eck ('15) Bil	l Hader, Am	y Schumer.	V.C. Andre	ws' Dawn "	Part 1: Daw	n"	Dawn "Par	t 2: Secrets	of the Morni	ng"
MAX	(11:10) 🈤 Six	c Days,	(:50) 뙂★★ I	Eagle Eye ('08) Shia La	Beouf.	(:50) ₽ ★ Tł	ne New Guy	('02)	(:20) फ़ ★ F e	ool's Gold (('08)	
NBCSPA	Paid Prog.	World Pok	er Tour	World Pok	er Tour	World Pok	er Tour	Ultimate D	isc			Birds	Greatest
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB.
PARMT	(11:00) NC	łot ★★¥∯	nn Wick ('14	,	eves.	ਝੈ ★ ★★ Joh	n Wick: Ch	apter 2 ('17) Keanu Ree	eves.	DevelopII	ck: Chapter 3	3
TBS	Movie	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
			ughty Marie	()			• •) Humphrey	0		•	spondent ('
		·	s: The Phan			Star Wars:		,	'			😤 Star War	
USA	(10:35) 🈤 W	alking Tall	NASCAR (Cook Out 40	0, Qualifying	(N) (Live)	**★★ Mr. 8	Mrs. Smith	n ('05) Angel	lina Jolie, Br	ad Pitt.	😤 Hitman's	3

SATU	RDAY	EVENI	NG								J	ULY 29	, 2023
	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	Ooze	Alex Scott	NCIS "Gua	rdian"	48 Hours		48 Hours		News (N)	Lioness	Magnum
6-ABC	News (N)	WorldNe	FYI Philly	Wheel	UFC 291 -	Prelims (N)	(Live)		The Prank	Panel	News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	MLB Basel	ball Philadel	phia Phillies	at Pittsburg	h Pirates (N) (Live)	America's	Got Talent	News (N)	Saturday N	light Live
17-MNT	Big Bang	Big Bang	Big Bang	Big Bang	Chicago P.	.D.	Chicago "A	War Zone"	Action Nev	ws at 10 (N)	Philler	Delco Duo	Mom
23-PBS	Eat-Argue	NJ Spot	NYC Arts	State/Arts	Old House	Old House	The T	(:45) McLee	od	Love "Epis	ode 9"	Celebrity T	rip
29-FOX	Special	Special	MLB Basel	ball New Yo	rk Yankees	at Baltimore	Orioles (N)	(Live)	News (N)	•	The Pulse	World Cup	(N) (Live)
57-CW	Law-SVU "	Pop"	FamFeud	FamFeud	1982 (N) (S	SF)	WhoseLine	WhoseLine	SEAL Tear	n	WOW - Wo	men	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	8	The First 4	8	The First 4	8	(:05) The Fi	rst 48	(:05) First48
AMC	(5:30) 號★★	★ World W	ar Z ('13) Br	ad Pitt.	¥∺★★ The N	Mummy ('99) Rachel We	eisz, Brenda	in Fraser.	(:45) 🐕★★	The Mummy	/ Returns ('	01)
CNN	CNN News	room (N)	CNN News	room (N)	See It Loud	d	See It Loud	d	See It "Sitc	om-ish"	CNN Spec		CNN Spec
DISC	Great Whit	e F	Raiders th	Lost	Dawn of th	ı (N)	Megashark	(s of (N)	Blly Bst Fo	ding	Jaws vs th	e Meg	Dawn of th
DISN	Ladybug	Ladybug	Marvel's	Marvel's	₩★★★ Big	Hero 6 ('14) Ryan	(:40) Hailey	(:05) Hailey	Ladybug	Ghost	Ghost	Bluey
ESPN	SportCtr (N	N) (Live)	SportsCen	ter	UFC 291 -	Prelims (N)	(Live)		SportCtr (N	N) (Live)	SportCtr (N	N) (Live)	SportCtr
ESPN2	(5:00) Ath.	Lacrosse	Athletes	Lacrosse 7	eam Blue v	s. Team Gol	d (N) (Live)	30 for 30 V	/ick (Part 1)			30 for 30 V	ick (Part 2)
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	One Natior	n (N)	L. Jones (N	N) (Live)	FOX News	(N) (Live)	Gutfeld!		Weekend
FX	∯★★ Dadd	ly's Home ('	15) Will Ferr	rell.	ਝੇ ★★ The B	Equalizer 2	('18) Denzel	Washington	n.	∯★★ The I	Equalizer 2	('18) Denzel	
HBO	(5:50) 🏞★★	•	eare in Love	· · /					HowTo	(:40) ∰★★★	Evil Dead	Rise ('23)	Movie
	The UnXpl		The UnXpla		The UnXplained The UnXplained				· · /	•	· / ·		UnXplain
ION	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU "	Dare"	Law & Ord	er: SVU	Law-SVU "	Service"	Law & Order: SVU		Law-SVU
			Part 3: Twili	J		t 4: Midnight	· · ·		()	05) Flowers-Attic "Par			Dawn
MAX	() "	-	sses 2 ('14)		D	ghbors ('14) Seth		lended ('14)	Adam Sand	-	辩 Edward S	cissorhan
NBCSPA	Phillies		Motocross	0	,	/	Go Nitro	Poker	Phillies (N) (Live)	MLB Basel	ball	
	Patrick		11	•	· · /	am Sandler.		Friends		Friends			Friends
	()				· ·) Michael Ny	1 /	-	(:55) 😤★★★		k: Chapter 2	. ,	
			American			U U	•	Burgers	0		Miracle	TacomaFD	
		The Omega			*	ouble Inder) William Hu		Movie
	()		°			restling: Co	()				he Empire S		· · /
USA	(5:00) 🈤 Th	e Hitman's	Bodyguard	ਝੈ★ The Hit	man's Wife	e's Bodygua	rd ('21) (P)	ਝੈ★★ The I	Hitman's Bo	odyguard ('1	7) Ryan Re	<u></u>	Movie

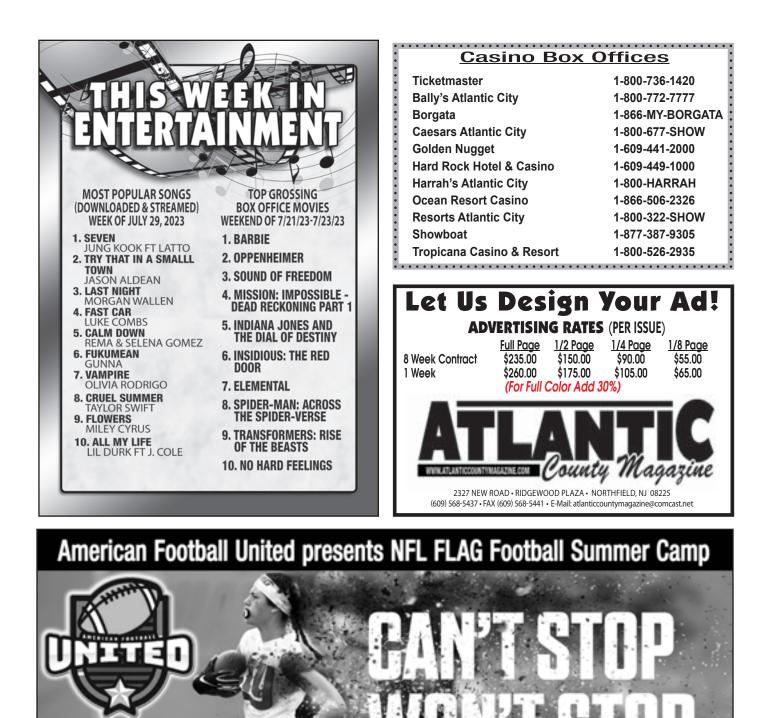
SUND	AY AF	TERNO	DON								J	ULY 30), 2023
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Paid Prog.	PBR Team	Series	BIG3 Bask	etball Week	(N) (Live)		PGA Tour	Golf 3M Op	en, Final Ro	und (N) (Liv	e)	
6-ABC	Inside	Action Nev	vs (N)	We Have a	Dream (N)			PLL Water	dogs LC vs.	Archers LC	(N) (Live)	Action Nev	ws 5PM (N)
10-NBC	Check's In	Senior Ope	en Final Rou	ind (N) (Live)	Premier	Soccer Su	mmer Series	: Chelsea v	s. Fulham (N	I) (Live)	FINA Swim	iming
17-MNT	Paid Prog.	Paid Prog.	True Crime	In Focus	This Week	Good Dr "F	ractured"	Pawn Stars	Pawn Stars	Pawn Stars	black-ish	Philler	black-ish
23-PBS	Think Tank	State-Aff	JSchwan	Lidia	Milk	Kitchen	Table	Young For	ever With N	lark Hyman	, MD	Sinatra-Co	ncert
29-FOX	Paid Prog.	Rescue	Planet	Space	Life 2.0	True Crime	Paid Prog.	Comedy.T	V	NHRA DEN	ISO Sonoma	a Nationals	(N) (Live)
57-CW	Paid Prog.	World's	World's	Storm of S	uspicion	The First 4	8	Paid Prog.	Transform	Crimes "To	ourist Trap"	Law-SVU "	Mask"
A&E	(11:00) Zo	Zombie Fli	р	Court Cam	Court Cam	Court Cam	Court Cam	Arrest	Arrest	The First 4	8	The First 4	8
AMC	Movie	(:15) 號★★ ▮	The Mummy	Returns ('	01) Rachel V	Neisz, Brend	dan Fraser.	(:15) ❣★★ \$	San Andrea	s ('15) Carla	a Gugino, Dv	vayne Johns	son.
CNN	(11:00) Insi	State of Ur	nion	Fareed Zal	aria GPS	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)
DISC	(11:00) Ex	Jaws in the	e Shallows	Mako Mani	a: B	Serial Kille	r Re	Blly Bst Fo	ling	Naked and	Afraid of S	harks (N)	
DISN	Ladybug	Bluey	Bluey	Bluey	Big City	Big City	Kiff	Kiff	Kiff	Hamster &	Ladybug	Hailey	Hailey
ESPN	(11:00) Sp	Pickleball	PPA Tour: S	eattle Open	(N) (Live)	30 for 30 T	he Two Bills	6	WNBA (N)	WNBA Bas	sketball	•	
ESPN2	E60	Softball Te	am Blue vs.	Team Purp	e (N) (Live)	UFC Archiv	val	PFL 2023	Zayas (N)	TBT Quarte	erfinal: Tearr	ns TBA (N) (Live)
FNEWS	(11:00) Me	Fox News	(N) (Live)	Fox News	(N) (Live)	FOX News	Sunday	Maria Bart	iromo	Fox News	(N) (Live)	The Five	
FX	Movie	₩ ★ ★★ Iror	n Man ('08) ⁻	Terrence Howard, Robert Downey Jr ♥★★★ Thor ('11) Natalie Portman, Chris Hems						sworth.	Movie		
HBO	(10:35) 🈤 B	lack Adam	(:40) 🈤 Afte	r the Bite (23)	(:15) Marc M	laron: Darl	ĸ	(:25) 號★★	Lucky You	('07) Eric Ba	na.	How to
HIST	(11:00) Ma	Built Amer	ica	Built Amer	ica	Built Amer	ica	Built Amer	ica	Built Amer	ica	America "F	Pizza Wars"
ION	(11:00) NC	NCIS		NCIS "Statu	us Update"	NCIS "Patie	ence"	NCIS "No C	Good Deed"	NCIS		NCIS "Troll"	
LIFE	(10:00) Da	Dawn "Part	2: Secrets	of the Mornir	ng"	V.C. Andre	ws' Dawn "	Part 3: Twili	ght's Child"	Dawn "Par	t 4: Midnight	Whispers"	
MAX	Movie	(:20) 號★★ (Old ('21) Ga	el García Be	ernal.	(:10) 號★★ [Divergent ('	14) Theo Ja	mes, Shaile	ne		ind Rewind	('08)
NBCSPA	MyBiotin	Paid Prog.	Phillies	Phillies	MLB Basel	ball Philadel	phia Phillies	at Pittsburg	h Pirates (N) (Live)	Phillies (N)) (Live)	Harness
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB
PARMT	(11:00) Bar	Bar Rescu	e	Bar Rescu	e	Bar Rescue	e	Bar Rescu	e	BarRescue	(:55) Bar Re	escue	BarRescue
TBS	Movie	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
TCM	** ★★★ G	igi ('58) Les	lie Caron.		(:45) ∰★★★	r Boys' Nigl	nt Out ('62)	Kim Novak.	(:45) 號★★★	The Night	of the Igua	na ('64) Ricl	hard Burton.
TNT	(11:00) NC	∯★★ Hunt	er Killer ('18	3) Gary Oldn	nan, Gerard	Butler.	** *** S	tar Wars: A	New Hope	('77) Mark H	lamill.	😤 Star War	s: Empire
USA	(11:00) La	Premier Le	ague Socc	er		Dale Jr.	NASCAR	NASCAR (Cup Series	Cook Out 40	0 (N) (Live)		

SUNDAY EVENING

JULY 30, 2023

20IND	AIEV	EINING									J	ULY JU	, 2023
	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	CBS News	News (N)	60 Minutes	s (N)	Tough (N)	(SF)	The Equali	zer	NCIS: Los	Angeles	News (N)	(:35) Sports	J.Osteen
6-ABC	News (N)	WorldNe	Fun Video	S	Celebrity F	am (N)	Pyramid (N	1)	Pyramid		News (N)	News	FYI Philly
10-NBC	News (N)	NBC News	Ninja Qual	ifiers 3	Ninja Quali	ifiers 6	America's	Got Talent	•		News (N)	(:50) Philly	Bensinger
17-MNT	Two Men	Two Men	Goldbergs	Goldbergs	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action Nev	ws at 10 (N)	Seinfeld	Seinfeld	Outdoors
23-PBS	(5:00) Sina	This Land	ls	•	Kenny Rog	gers Farewe	ell Concert	Nitty Gritty	/		Young For	ever	•
29-FOX	(4:00) NHR	A	Food Stars	6	Simpsons	Family Guy	House (N)	House (N)	News (N)		News (N)	Extra (N)	
57-CW	Living	Lioness	Ooze	Alex Scott	The Chose	en (N)	Animals	Animals	Magnum P	P.I.	WOW - Wo	omen	King
A&E	The First 4	8	First 48 "T	ripped Out"	The First 4	8	The First 4	8	The First 4	8	(:05) The F	irst 48	(:05) First48
AMC	ື∺★★★ Tor	mbstone ('93	3) Val Kilme	r, Michael B	iehn, Kurt R	ussell.	Dark Wind	s (N) (SP)	(:05) Black	Snow (P)	(:15) Dark \	Ninds	DarkWind
CNN	CNN News	room (N)	CNN News	room (N)	Whole (N)		See It Loud	d (N)	History of	the Sitcom	The Whole	Story with	See It
DISC	Naked and	Afraid of S	harks (N)		Naked and	Afraid (N)	Survive the	e Raft "This	Isn't a Gam	e" (N)	Naked and	Afraid	Naked
DISN	Raven	(:25) ¥ The	Slumber P	arty ('23)	Raven (N)	Bunk'd	¥★★★ Mai	ry Poppins	Returns ('18	8) Emily	(:15) Raven	Bunk'd	(:05) Bluey
ESPN	Countdow	n (N) (Live)	MLB Base	ball New Yo	rk Yankees	at Baltimore	Orioles (N)	(Live)	SportCtr (N) (Live)	SportsCen	ter (N) (Live	
ESPN2	Formula 1	Racing Belo	gium Grand	Prix (N)		ESPN FC	(:55) Socce	r	•		X Games		World of X
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	Life, Liber	ty (N)	Sunday Nig	ght (N)	Weekend		Life, Liber	ty & Levin	Sunday
FX	(5:30) 骍 Ca	ptain Ameri	ica: The Fir	st Avenger	₩★★ Capt	ain Marvel (('19) Samuel	L. Jackson	, Brie	* ★★ Capt	ain Marvel (('19) Brie Lai	rson.
HBO	Gemston	(:45) ∰★★★	Good Will	Hunting ('9	7) Matt Dan	non.	Last Call (1	N) (F)	Gemston	Gemston	(:15) Last C	all "Part 4"	Gemston
HIST	Built Amer	ica	Built Amer	ica	Mega-Brar	nds	Mega-Bran	ids (N)	(:05) Built A	America	(:05) Built /	America	Brands
ION	NCIS "The	Lost Boys"	NCIS "Neve	erland"	NCIS		NCIS "Pers	onal Day"	NCIS "Inco	gnito"	NCIS "Dou	ble Trouble"	NCIS
LIFE	뿟 Look Wh	no's Stalking	g ('23) Aliss	a Filoramo.	😤 To Kill a	Stepfather	('23) (P)		(:05) r The	Man With I	My Husban	d's Face	Movie
MAX	(:10) ❣★★ \	White Chick	(s ('04) Shav	wn Wayans.	₩★★ Bring	ging Down t	the House	(:45) 🐕★★	Big Momma	a's House		😤 Big Mom	ma's
NBCSPA	Go Racing	Golfer	Golf (N)	Futbolista	Life	Greatest	Rowing		MLB Base	ball			Poker
NICK	SpongeB	SpongeB	SpongeB	SpongeB	ਝ+★★ The /	Addams Fai	mily ('19) Os	scar Isaac.	Friends	Friends	Friends	Friends	Friends
PARMT	(5:50) Bar	(:50) 1883 "	Lightning Ye	ellow Hair"	1883 (N)		(:20) Liones	ss (N)	(:15) 1883:	A Yellowste	one	Bar Rescu	e
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	The Cube ((N)	The Cube		¥★★★ Μy	Cousin Vin	ny ('92)
ТСМ	∺ ★★★ Tra	vels With M	ly Aunt ('72)	₩ ★★★★ C	oming Hom	e ('78) Jon V	Voight, Jane	Fonda.	柴★★★ Bei	ng There ("	79) Peter Se	llers.
TNT	(5:15) 😤 Sta	ar Wars: The	e Empire S	trikes Back	∺ ★★★ Sta	r Wars: Ret	urn of the J	ledi ('83) Ha	arrison Ford,	Mark	😤 Star Wa	rs: Return o	f the Jedi
USA	(3:00) NAS	NASCAR	Law-SVU "	Guardian"	Law & Ord	ler: SVU	Law-SVU "	Plastic"	Law-SVU "	Part 33"	Law & Ord	er: SVU	Law-SVU
PAGE 3	26	•											





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ATLANTIC COUNTY

Flag football is one of the fastest growing youth sports, currently on its way to becoming a college sanctioned sport. Tackle football fields over 1 million high school student-athletes each year. No matter which way you look at it, our love for football runs deep.

While extensive research is being conducted to better understand football safety, it's still a game that comes with many physical and emotional benefits. Need proof? Here are five great benefits for kids who play football:

 Health benefits: Football is a fast moving game with a lot of variety. Players run, jump, quickly change direction, and stop and start, which improves cardiovascular health. Practice drills, complex running routes and defensive techniques all encourage speed, strength, and stamina. And these activities also engage motor skills, specifically hand and eye coordination. Plus, a recent study found that playing football has positive effects on bone strength.



ATLANTIC CITY SUMMER CONCERT

GARDNER'S BASIN CONCERT 800 New Hampshire Ave. 1pm-7:30pm

The National R&B Music Society Inc. presents their 2023 Atlantic City FREE Summer Concert at Gardner's Basin on July 29. Vendors on site. Bring your tents, chairs, umbrellas, or coolers. Rain date: 7/30.

The line up includes Rose Royce, Wil Hart of the Delfonics, Blue Magic, Force MD's, and Allure. Hosted by Maurice Watts.



5 Benefits of Playing Football

 Teamwork: Youth football teaches kids accountability, leadership, and the impact of positive sportsmanship. Every position has a purpose and to execute a play successfully, each individual needs to fulfill their responsibility, while working together—a skill that's valuable both on and off the field.

3. Discipline: Learning routes, repetitive drills, and executing proper technique take a high level of discipline – and football players do it time and time again. Each practice is laying the foundation for a strong work ethic that kids will use throughout their lives. And this is one of the biggest benefits of football.

4. Mental toughness: Sports are a great platform to build mental toughness. Whether it's making a mistake on the field or needing to comeback from a major upset, setbacks are bound to happen. And to move forward, players must learn how to persevere. Football provides a lot of opportunities to improve mental toughness, from remaining calm under pressure to focusing during chaotic situations.

5. Socialization: Football teaches kids how to effectively communicate and work well with others. After all, one player can't do everything. They rely on each other – what a better way to make long-lasting friendships? Layer this with learning to respect and receive direction from authority (aka coaches) and you have a range of socialization skills.

Want to see for yourself what all the flagfootball hype is all about? Join American Football United for NFL Flag Football Summer Camp at the Jersey Shore. See their ad to the right or visit them at www.AmericanFootballUnited.com for more information.



Please call

609-287-6780

or 609-513-2935

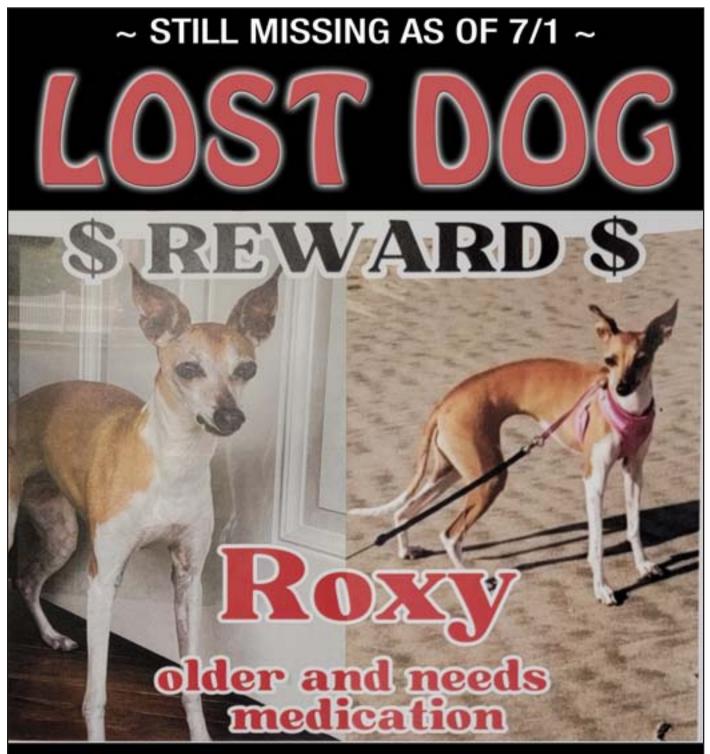
with any information.

Roxy, a 9-year-old, 15lb, tan and white Italian Greyhound (looks like a miniature Greyhound) and resident of Ocean City, went missing from Maple Ave and Fairbanks in Northfield. She dug her way out from under a fenced-in backyard and has been missing since 2 PM on May 18th, 2023. Her family was away when it happened and realized she was missing at 4 PM, immediately starting a relentless search with the help of the community.

Roxy has been sighted near the following streets in Northfield and Pleasantville: Lafayette, Doughty, Dolphin, New Road (by Mazzeos), Old Tilton, Fernwood, Ashland, Church, Risley, and New Maple. Search efforts include working with an experienced dog tracker, thousands of shares on social media, the creation of the "Finding Roxy" group on Facebook with over 300 members, hours of searching on foot, notifying all local shelters, vets, and police stations, and posting over 1000 flyers (all of which will be taken down when she is found. If you see a flyer up, please assume she is still missing).

Sightings are the key to bringing Roxy home. If you see her, please call the police or the numbers on the fiver immediately. Including photos of her would be even more helpful. Roxy's family would like to extend a sincere and heartfelt thank you to the residents of Northfield and Pleasantville for their continued efforts in the search. Your support has been overwhelming, and it won't be possible to bring her home without you. Again, if you have any information regarding her whereabouts, please notify the police or call 609-287-6780 or 609-513-2935 as soon as possible.





DON'T CHASE... PLEASE CALL US OR POLICE WITH HER LAST SEEN LOCATION

Pleasantville/Northfield Border - New Road Area

PLEASE call with ANY information (609) 287-6780 • (609) 513-2935 • (609) 892-4639



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

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

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

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



Immortalize Gift Your Pet

Ъ



An artful 3" x 3" miniature on canvas



Call (848)459-1707 or email arteacher3725@yahoo.com



"MEET THE PACK!"

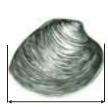
Benefits of Raising a Seeing Eye Puppy

There are so many great reasons to raise a Seeing Eye puppy, but we decided to name just a few for you. We sincerely appreciate all those who are already active puppy raisers and cannot wait to see how the community continues to grow as new puppy raisers join us in our mission. If you want to learn more about puppy raising be sure to check out *seeingeye.org/raise*

Photo Description: A golden retriever puppy sits atop a digital list that reads "Benefits of Raising a Seeing Eye puppy – Adorable puppy guaranteed – Giving back always feels great – Be part of a family-like community – Guided by supportive club leaders & area coordinators – Tips & resources available – Veterinary care costs covered – Stipend for dog food – Continue the legacy of the oldest existing guide dog school in the world"

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.





ATTENTION ANGLERS

2023 NJ Recreational Size Limits, Possession Limits & Seasons

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

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



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

Open Season: May 2 - Sept. 27



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



Black Sea Bass 10 fish at 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





Striped Bass or Hybrid Striped Bass 1 fish at 28 - 31 inches See Digest for Striped Bass Bonus Program, Circle Hook Requirements, and Gaff Prohibition.

> Del. River and tributaries Calhoun St. Bridge, Trenton to Salem River and tributaries Open Mar. 1 – Mar. 31 & June 1 – Dec. 31

> > Atlantic Ocean

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

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

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

Other Species	Possession Limit/Seasor	1 Total Length
American Eel	25	9"
Black Drum	3	16"
Cobia	l per vessel	37"
	NO LIMIT	
Haddock	NO LIMIT	18"
	33	
Pollock	NO LIMIT	19"
Red Drum	11	8" to less than 27"
River Herring	CLOSED	N/A
Scup (Porgy)	30 fish (Aug. 1 - Dec. 31)	10"
Shad	6 combined	NO LIMIT
	american shad in Del. Bay, River nad in all other waters	& tributaries
panish Mackerel	10	14"
	66 eason: Jan. 1 - Apr. 29 & June 1	Carapace Lengt

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

Jonah Crab 50 4 3/4" Carapace Width

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

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

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



Tautog 15 inches 4 fish Jan. 1 – Feb. 28 4 fish Apr. 1 – Apr. 30 1 fish Aug. 1 – Nov. 15 5 fish Nov. 16 – Dec. 31



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



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



Blue Crab (measured point to point) Peeler or Shedder — 3 inches Soft — 3½ inches Hard — 4½ inches Recreation Limit — One Bushel Crab pot/Trot line Seasons: Delaware Bay & tributaries Apr. 6 — Dec. 4 All other waters Mar. 15 — Nov. 30

Updated 6/23/2023



CRABBING • CRUISING • FISHING • BOAT & ROD RENTALS • BAIT & TACKLE LATE NIGHT STORE HOURS • DOCK SIDE SERVICE • RESERVATIONS NOT REQUIRED BUT STRONGLY SUGGESTED Fishing lessons available reservation only. Rod rentals also available daily! Take advantage of the local piers & surf access



Includes Map of Waters, Bucket, Net Bait Board, Knife, Life Jackets, Instructions, Gas, Safety Equipment, Insurance & Fishing License • Bait & Rod Rentals Available Cruising - Easy to Operate... We Show You How

Cruising - Easy to Operate... We Show You How ANY BOAT RENTAL Commot be combined with any other affers. 300 BAY AVE • OCNJ • 609.391.8300 • 609.545.8761 • www.FishOCNJ.com Call for FINfo! • FREE STREET PARKING ALONG BAY AVE & UP 3rd • Renal Period from 7a-5p

If You're Stuck at Sea, There's An App for That

According to the Boat Owners Association of The United States (BoatUS), the number-one reason for a slow or delayed towing company response is the considerable time it sometimes takes for the towboat captain to seek and find the disabled recreational boat on the water. Unlike drivers on a road or highway, many boaters are simply unsure of their exact location.

However, the proliferation of cell phones and improvements in cell service over the last decade means that most anyone can use a phone to pinpoint their location and also reach a dispatch center.

A phone app, such as the one developed by BoatUS, allows boat owners to pre-program information about their boat. When they use the app to call for help with a dead battery or a tow home, the call goes to the dispatch center and immediately provides the boat's details along with the latitude, longitude, and boater's emergency contact information to the dispatcher, speeding a response.

The free app from BoatUS, available at BoatUS.com/app, also provides information about tides, weather, and wind. Boaters without the app can use their phones to call the BoatUS 24/7 Dispatch Center at 1-800-391-4869.

Boat owners can also be proactive and save money by signing up for an on-water towing plan at the start of the season. For example, an annual Unlimited Towing Membership plan from BoatUS starts at \$72/year for freshwater and \$149 for saltwater.

In addition to having a towing service, boaters should be prepared to keep themselves and any passengers safe if their boat is disabled. Key tips to keep in mind include:

 Be safe. In life-threatening emergencies, call 911 immediately or use VHF radio channel 16. Know the location of your boat's safety gear and first aid kit.

 Be leak-savvy. If you run aground, immediately look for water intrusion and provide a life jacket for each passenger not already wearing one.

 Be seen. For safety and visibility in the dark, be sure all of your boat's navigation and anchor lights are working.

For more tips and information about what to do if you need on-water assistance, visit BoatUS.com/Towing or call 800-283-2883.



arts garage



THE ART EXHIBITION NOW - SEPTEMBER 24, 2023

Featuring Artists - Bob Ortiz, Gary Lindley, Anthony Johnson, Randi Meekins, William Butler, Michael Clineman, Charles Barbin, Kenneth Lazan Faulk, Johnny Morris, Valerie Feo, Tatiana Nieves

> Noyes Arts Garage of Stockton University 2200 Fairmount Ave, AC, NJ





Mary Ann McKay Now through September 24, 2023

The Noyes Arts Garage of Stockton University 2200 Fairmount Ave, Atlantic City, NJ 08401 artsgarageac.com

BOOKBITES: FOUR GRIPPING SUMMER READS

Esperanza: The Graphic Novel by Andrew Daily

Step into the world of Esperanza, a mysterious, dystopian city struggling under the weight of its own corruption through this one-of-a-kind 76-page, premium-color, graphic novel written and designed by Andrew Daily. Follow Will, a man who has lost everything including his own memories, as he navigates through the shadows of this broken society, desperate for answers.

With stunning visual artwork and masterful storytelling, this book will immerse you in a dark and dangerous world, where every choice could mean the difference between life and death. Will you join the fight to save this city? Or will you succumb to the darkness that threatens to consume it all? The choice is yours, but be warned: Once you enter Esperanza, you may never want to leave. Purchase at https://bit.ly/3IB64vc.

Lethal Connections: The Poison ID Unit by Erik Daniel Shein, Melissa Davis and Karen Fuller

In a sleepy little parish just outside of New Orleans, murder is no rare occurrence.

Sergeant Lance Knight has a pile of unsolved homicide cases on his desk. On the surface, none seems to be connected. The victims are all men with money or power. An investment banker, a lawyer, and a local politician. Lance can't find a connection.

Working with coroner Gina Goodwin, Lance and Gina discover a pattern. Three unrelated things the bodies have in common—a string of lethal connections. Is it just a coincidence? Things heat up when Lance realizes he's getting close to finding the killer, and everything spirals out of control. Can he piece it together before it's too late? Purchase at https://bit.ly/3DeLgH7.

Storm Cloud Rising by Jason Lancour

No prophecy. No Chosen One. No greatest hero of all time. The fate of the known universe does not hang in the balance.

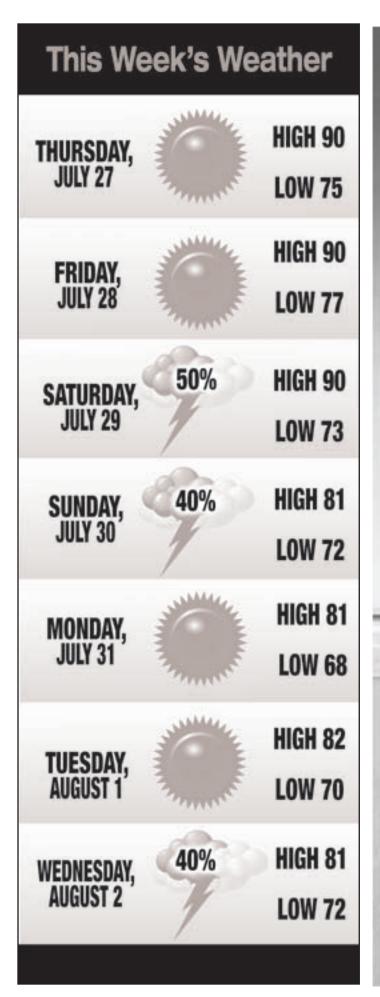
A group of mercenaries is hired for what is supposed to be an easy assignment. But like most things, nothing is as it seems. In a world rich with history, meticulously engineered laws of magic, unique cultures and peoples (as well as the occasional whiskey joint), the "private contractors" soon find their already varied motivations and priorities shifting.

What starts as a simple job spirals out of control into a struggle for survival in the midst of a plot bigger than any could have anticipated. Blood will be spilled, confidences broken, and a fair bit of whiskey consumed. This is only the beginning... Purchase at https://bit.ly/435RjZx.

A Boy, an Orphanage, a Cuban Refugee by Tony Dora "I became a man when I was nine. My other option was death."

Why would parents send their children, alone, to a foreign country with no guarantee they would ever see them again? In the early 1960s, over 14,000 unescorted children fled Cuba for the U.S. Under Castro's tyrannical regime, the state confiscated people's property and bank accounts. Food, clothing, and medicine were rationed. Houses of worship were attacked. There was no freedom.

When Tony and Norma boarded the plane, they had no idea what the future would hold. This memoir chronicles their emotional journey through Tony's eyes as he and Norma navigate life for six weeks in a refugee camp and a year in an orphanage, until they are reunited with their mother. Purchase at https://bit.ly/3VMro6i.



LI TEOL TED TTLEMENTEXE ELT

Here are some of the fun events happening in the Wildwoods:

JULY 29 Jus Nice Sneaker Convention

JULY 29 Crest 5K Beach Run

JULY 29-30 Ultimate Beach Frisbee Tournament

AUG 3 Anglesea Night Market & Food Truck Festival

> AUG 11-12 Latin Music Beach Festival

AUG 11-13 Tattoo Beach Bash

AUG 11-13 & 18-20 Baseball on the Beach AUG 25-27 Sports Card, Toys, Comics & Collectibles Show

AUG 26 IPSW Pro Wrestling Wildwoods Conv. Center

AUG 26 Triathlon, Wild Child Triathlon & 5K

SEPT 3 End of Summer Block Party & Music Festival

SEPT 8-9 Mummers String Band Show

SEPT 10 Volkswagen Car Show

WILDWOODS ISLAND SHUTTLE: LEAVE THE DRIVING TO US

Jitney Service from Diamond Beach to Olde NJ Ave... and everywhere in between! - Download the Free Jitney Surfer App -

Plan your visit today and enter to win a free family vacation. Visit WildwoodsNJ.com or call 800.992.9732.







Serving Dinner Nightly from 4:30pm Lunch Tues-Sat Indoor/Outdoor Dining

"As always, everything was outstanding! Our entrees were exceptional and the desserts are to die for!" - John McGrady, CMCH, NJ



322 Washington St. Mall, Cape May 609-884-9119 www.tishasfinedining.com



MONDAY IS WING NITTE 5=0PM HAPPY HOUR • 3-6 PM TUESDAY \$8 MARGARITA • \$4 CORONA/CORONA LIGHT

\$8 MARGARITA • \$4 CORONA/CORONA LIGHT \$2 OFF BURGERS WEDNESDAY

\$8 COSMO • \$6 CRAFT BEERS HALF PRICED APPETIZERS

THURSDAY \$8 POCO DIABLO • \$3 DOMESTIC BOTTLES

HALF PRICE PIZZA FRIDAY

HALF PRICE WINE BY THE BOTTLE \$8 CHEF'S CHOICE SLIDERS • \$10 MUSSELS & FRITES SATURDAY

\$7 SIGNATURE 5 WEST COCKTAIL • \$4 IMPORTED BOTTLES \$10 DIRTY SHRIMP • \$9 LOADED FRIES/NACHOS

Serving Lunch & Dinner 7 Days a Week Kitchen Hours: Daily 11:30am-10pm 3729 Bayshore Rd, N Cape May

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MOND	DAY EV	'ENING	à								J	ULY 31	, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Neighbor	Bob Heart	NCIS "Big F	Rig"	NCIS "Fam	ily Ties"	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	The Bache	lorette (N)			Claim to F	ame (N)	News (N)	(:35) J. Kim	imel
10-NBC	News (N)	NBC News	News (N)	Hollywood	Ninja Semi	finals 1 (N)	The Wall		Weakest L	ink	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Animal "Fi	rst Steps"	NOVA		Teen Regi	ne	NJ Spotl	One on O	BBC New
29-FOX	The Six	The Pulse	TMZ (N)	You Bet	Stars on M	ars (N)	Kitchen (N)	News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Son of a	Run (P)	Children	Bump	News Phill	y (N)	Law-SVU "	Remorse"	Neighbor
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TUESDAY EVENING

AUGUST 1, 2023

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10-NBC	News (N)	NBC News	News (N)	Hollywood	America's	Got Talent	'Auditions 8	" (N)	Hot Wheel	s (N)	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Mer
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29-FOX	The Six	The 215	TMZ (N)	You Bet	Beat Shaza	am (N)	Don't Forg	et (N)	News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Down-Zac	Efron (N)	Friends "D	ubai" (N)	News Phill	y (N)	Law-SVU "	Nocturne"	Neighbo
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MAX	¥★★★ The	Grey ('12)	Liam Neeso	n.	😤 Throw M	omma Fron	n the Train	ਝੈ ∗ The Mo	od Squad ('	99)	(:05) 🈤 Bar	ely Lethal ('	15) (P)
NBCSPA	Phillies	MLB Basel	ball Philadel	phia Phillies	at Miami M	arlins (N) (Li	ve)	Phillies (N)	(Live)	Birds (N)	Birds	Golf	Baseball
NICK	SpongeB	SpongeB	∯*+★ Dr. S	euss' the Lo	orax ('12) Da	anny	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	**** Pre	tty Woman	('90) Julia R	Roberts, Ralp	oh Bellamy, I	Richard	뿦★★★ Pre	tty Woman	('90)
TBS	Sheldon	Leadoff	MLB Basel	ball Tampa	Bay Rays at	New York Y	'ankees (N)	(Live)	MLB Close	Sheldon	Sheldon	Sheldon	Sheldon
TCM	Movie	₩ ★★ Easy	Living ('49)	iving ('49) *★★★ The Long, Long Trailer ('54) Lucille				ື*★★ Forev	ver Darling	('56) Lucille	Ball.	Movie	
TNT	(5:30) 😤 ★ ★	★ Ant-Man	and The Wa	asp ('18)	¥★★★ Ave	engers: Age	of Ultron (15) Robert	Downey Jr	(:45) 😤★★	Wonder Wo	man 1984 ((20)
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE NXT	(N) (Live)			(:10) ^e *★★★ Bill & Ted's Excellent				Movie

WEDN	IESDA	Y EVE	NING								AUG	GUST 2	2, 2023
	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)	Big Brothe	r (N) (SP)		Sheldon	CSI: Vegas	3	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	Judge (N)		Wonder	Abbott	Fun Videos	S	News (N)	(:35) J. Kim	imel
10-NBC	News (N)	NBC News	News (N)	Hollywood	LA Fire & F	Rescue (N)	Chicago Fi	re	Chicago P.	.D. "Fight"	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Table	Table	Grantches	ter	Broadchur	ch	NJ Spotl	Table	BBC News
29-FOX	The Six	ClassH	TMZ (N)	You Bet	MasterChe	f (N)	Food Stars	; (N)	News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Nancy Drev	w (N)	Riverdale (N)	News Phill	y (N)	Law-SVU "	Slaves"	Neighbor
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Arrest (N)	Arrest (N)	CourtCam	CourtCam	CourtCam
AMC	਼* ★ Vegas	Vacation ('9	97) Chevy C	hase.	¥*★★ My	Cousin Vin	ny ('92) Mar	isa Tomei, J	Joe Pesci.	؟ *★★ Fas	st Times at	Ridgemont	High ('82)
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 360	0 (N) (Live)	CNN (N) (L	ive)	CNN (N) (L	ive)	CNN (N) (L	ive)	Cooper360
DISC	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	X (N)	(:05) Ghost	Adv (N)	(:10) Myste	ries of (N)	Expedition
DISN	Hamster &	Hamster &	Kiff	Kiff	Big City	Big City	Ladybug	Ladybug	Marvel's	Marvel's	Raven	Raven	Bluey
ESPN	SportCtr (N	I) (Live)	TBT First S	emifinal: Te	ams TBA (N) (Live)	TBT Secon	d Semifinal:	Teams TBA	(N) (Live)	SportCtr (I	N) (Live)	SportCtr
ESPN2	Daily Wage	er (N) (Live)	Cornhole				Soccer				Soccer		
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live)	Hannity (N) (Live)	Gutfeld! (N	I)	Fox News	(N) (Live)	The Five
FX	¥★★ Fanta	astic Four: I	Rise of the	Silver	ਝੈ★★ Thor:	The Dark \	Norld ('13) (('13) Chris Hemsworth.			: The Dark	Norld ('13)	
HBO	(5:30) 號★★	🛨 I, Tonya	('17)	How to	ື∺★★ Freed	domland ('0	6) (P)		Gemston	Gemston	(:10) फ़*★★	Out of Time	('88)
HIST	American I	Pickers	American I	Pickers	American F	Pickers	American I	Pickers (N)			(:05) Picke	Pickers	
ION	Blue Blood	ls	Blue Blood	ls	Blue Blood	ls	Blue Blood	ls	Blue Blood	ls	Blue Blood	ls	Blue Blood
	Castle		Castle		Castle "Red	coil"	Castle		(:05) Castle	e "Target"	(:05) Castle	e "Hunt"	Castle
MAX	Movie	(:25) फ़+ Th	e Hunted ('	95)	∯★★★ The	e Card Cour	nter ('21)	(:50) ❣★★★	A Most Vie	olent Year (('14) Oscar I	saac. (P)	* ***
NBCSPA	Phillies	MLB Basel	ball Philadel	phia Phillies	at Miami Ma	arlins (N) (Li	ve)	Phillies (N) (Live)	Birds (N)	Birds	In. Golf	Baseball
NICK	SpongeB	SpongeB	ਝੈ★★ Sonio	c the Hedge	ehog ('20) Ja	ames Marsd	en.	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	. Hoe Dirt ('01) Dennis Miller, David Spade.			辩 Joe Dirt	2: Beautifu	I Loser ('15)	David Space	le.	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wr	restling: Dy	namite (N)	(Live)	Sheldon	Sheldon	Sheldon	Sheldon	Sheldon
TCM	(5:45) 😤★★	★ The Trial	('63) Anthor	ny Perkins.	. ∰★★★★ Psycho ('60) Anthony P			rkins.	₩*** Fea	ar Strikes O	ut ('57) Anth	Movie	
TNT	Lucifer		Lucifer		ਝ <mark>+</mark> ★ Grown	Ups ('10) A	dam Sandle	r.	(:15) **★ Grown Ups 2 ('13) Adam Sandler. (P)				
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Temptation	n Island (N)	The Big D	(N)	Law & Ord	er: SVU	Temptation

THURSDAY EVENING

AUGUST 3, 2023

THUR	SDAY	EVENI	NG								AUC	JUST 3	3, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Sheldon	Ghosts	So Help Me	e Todd	CSI: Vega	S	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	Generatio	n Gap (N)	The Prank	Panel (N)	Shark Tar	ık	News (N)	(:35) J. Kim	nmel
10-NBC	News (N)	NBC News	Football (N	I) (Live)	NFL Footb	all New Yor	k Jets vs. Cl	eveland Bro	wns (N) (Li	ve)	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Union	Sports	Action Ne	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Walking "L	iverpool"	POV "Eat Y	our Catfish'		School	NJ Spotl	State/Arts	BBC News
29-FOX	The Six	Kelly (N)	MLB Basel	ball (N) (Live	e)				News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Son of a	Run	FBoy Islan	d (N) (SP)	News Phil	ly (N)	Law & Ord	er: SVU	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	8	60 Days In	(N)	Booked (N	۷)	(:05) The F	irst 48	(:05) First48
AMC	(5:45) ^e*★ J	aws 3 ('83)	Dennis Qua	id.	% **** J	aws ('75) Ro	bert Shaw,	Richard Dre	yfuss, Roy	Scheider.	∯★★ Jaws	3 2 ('78) Roy	Scheider.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	CNN (N) (L	ive)	CNN (N) (I	Live)	CNN (N) (L	ive)	Cooper360
DISC	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraba	nd: Seized	Contraban		Contraba
DISN	Hamster &	Hamster &	Kiff	Kiff	₩×★ Mr. F	Popper's Per	nguins	Ladybug	Marvel's	Marvel's	Pretty Frk	Pretty Frk	Bluey
ESPN	SportCtr (N	I) (Live)	TBT Cham	pionship: Te	ams TBA (N	I) (Live)	Superstar	Racing Exp	perience (N) (Live)	SportCtr (I	N) (Live)	SportCtr
ESPN2	ESPN FC		Great Ame	Great American Events Cornhole				NFL Live SlamBall Week 3 (N) (Live)	
FNEWS	Bret Baier	(N) (Live)	Ingraham (Jesse (N)	()	Hannity (N	,,,,,	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	(4:30) 😤 Ja s	son	₩★★ Fast	& Furious F	Presents: H	obbs & Sha	w ('19) Dwa	yne	What We	What We		😤 xXx: Ret	
	(4:00) 😤 Th		Last Call "	Part 4"	≌×+★ Evi	I Dead Rise	()	Gemston	(:10) Gems		b 110	en: Days of	Future
HIST	Alone "King	g's Gambit"	Alone "Afte	ermath"	Alone "Infe	estation"	Alone "Spli	intered" (N)		(:35) Alone	"Splintered	1	(:05) Alone
	Chicago P.	.D.	Chicago P.	.D. "Lines"	Chicago P	.D.	Chicago P	.D.	Chicago F		Chicago P		Chicago
	Castle		Castle		Castle		Castle		(:05) Castl		(:05) Castle		Castle
MAX	· / ··	<u> </u>	s ('17) Ed H			Golden Chil	()	()	-	e ('04) Denze	0	on.	锌 The Eye
	()					s at Miami M		Birds		Show Ever?			Baseball
NICK	SpongeB			-	• • •	scar Isaac.		Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men				ioodfellas ('	, ,		· ·			** ★★★ G	
TEC		Sheldon			• •	• •	• •	•••		Big Bang		(140)	
	()		of Cable H	3 ()		! Girls! Girls	()	,	lino	ere Angels G			Movie
TNT			-		-	* ★★ We're			-		Rich & Sha	ameless	😤 Mummy
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU	"Brothel"	Law & Ord	er: SVU	Law-SVU
	<u> </u>												

JERSEY CAPE MAGAZINE



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ATLANTIC CITY SUMMER CONCERTS • KENNEDY PLAZA

CHICKEN BONE BEACH JAZZ EVERY THURSDAY THIS SUMMER

Kennedy Plaza Stage Every Thursday Now – September 7 (No show on 8/10) 7:00 PM - 9:00 PM

The 23rd Annual Jazz on the Beach free concert series is returning every Thursday this summer!

July 27, 2023 Jazzmeia Horn + Trio Local Jazz Artist: Eddie Morgan Quartet

August 3, 2023 Victor Gould Quartet Local Jazz Artist: Vertical Current

August 17, 2023 Amina Figarova Sextet Local Jazz Artist: Tribute to Charles Fambrough, Aaron Graves with Joe Ford August 24, 2023 Cyrus Chestnut Local Jazz Artist: Dwain DavisQuartet

August 31, 2023 Etienne Charles Local Jazz Artist: Yocontalie Quartet

September 7, 2023 Regina Carter Local Jazz Artist: Mary Cross Quartet

ATLANTIC CITY SUMMER CONCERTS . KENNEDY PLAZA

TONY MART PRESENTS MARDI GRAS EVERY WEDNESDAY THIS SUMMER Kennedy Plaza Stage Every Wednesday Now – September 6 7:00 PM- 10:00 PM

See the stars for FREE at Mardi Gras AC! Tony Mart presents Mardi Gras AC every Wednesday this Summer!

August 2: Honey Island Swamp Band

August 9: Tito Puente Jr. Orchestra, Willpower

August 16: Shemekia Copeland Band

August 23: The Weight Band Featuring Members of The Band and Levon Helm Band

August 30: LaBamba's Big Band with Special Guest Billy Walton From Springsteen, Southside & Bon Jovi to Conan O'Brien Rock 'N Soul, Swing & R&B & Jersey Shore Classics

September 6: Cyril Neville with Omari Neville & The Fuel, Ocean Avenue Stompers



WWE SummerSlam

By Alex Hendry

Questions:

 The Honky Tonk Man made a foolish open challenge for his Intercontinental Championship at SummerSlam 1988 - who answered his challenge?
 What year did wrestler-turned-actor Dwayne The Rock' Johnson make his SummerSlam debut?

3) -The British Bulldog pinned Bret The Hitman' Hart in front of approximately 80,000 screaming fans during the main event of SummerSlam 1992. At which arena did the event take place?

4) After winning at SummerSlam 2017, which fighter became the first female athlete to win a title in the UFC and the WWE?

5) 1996 Olympic Gold medalist Kurt Angle was the final SummerSlam opponent of which wrestling icon? 6) John Cena wrestled Seth Rollins at SummerSlam 2015 in this dual champion match featuring the WWE Championship and what other title? 7)The Main Event of SummerSlam 2005 marked the in-ring return of which wrestler? 8) This wrestler won the World Heavyweight Title during Summer-Slam 2004, becoming the WWE's youngest World Champion - name the wrestler.

9) SummerSlam 1988 was the inaugural SummerSlam and featured Hulk Hogan & 'Macho Man' Randy Savage in the main event - where did

it take place? 10) The first-ever Tables, Ladders & Chairs (TLC) Match took place at SummerSlam 2000 - which tag team won this iconic match?

Answers:

 The Ultimate Warrior
 1998 (The Rock vs. Triple H in a Ladder Match)
 Wembley Stadium (London, U.K.)
 Ronda Rousey
 'Stone Cold' Steve Austin (SummerSlam 2001)
 WWE United States Championship

a) A like Hogan (versus The Heartbreak Kid' Shawn Michaels)
b) Randy Orton (24 years, 4 months, 20 days)
c) Madison Square Garden (New

York City, NY.) 10) Edge and Christian



	FRI, JULY 28	@ PITTSBURGH	7:05PM
ſ I	SAT, JULY 29	@ PITTSBURGH	7:05PM
	SUN, JULY 30	@ PITTSBURGH	1:35PM
	MON, JULY 31	@ MIAMI	6:40PM
	TUES, AUG 1	@ MIAMI	6:40PM
	WED, AUG 2	@ MIAMI	6:40PM
	THURS, AUG 3	@ MIAMI	12:40PM





