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

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NUTRITION, WEIGHT LOSS & FITNESS

APPLES STOP THE CRAVINGS

Apples can support weight loss for a few reasons: they are low in calories, rich in antioxidants, contain fiber and are naturally sweet. They promote satiety and they help to ward off any sugar cravings you may be having that can ruin all your good intentions to stay on your healthy lifestyle. Apples alone can't achieve weight loss, but you can support your goal by combining them with a healthy and balanced diet. While apples are unlikely to cause spikes in blood sugar levels, they do contain

carbs. If you are counting carbs, be sure to account for the 27 grams of carbs an apple contains. Also be sure to monitor your blood sugar after eating apples and see how they affect you personally. Cooked apples are very wholesome and contribute to maintaining overall health. Best apples to use if baking are Honey Gold or Crisp, Johnston, Fugi, Gala, and Granny Smith. Add a tsp. of cinnamon to the apples and drop blood sugar even lower!



Nancy Adler C.ET./S.S.N./S.S.C.

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ENTERTAINMENT A.C.



BOARDWALK HALL:

2/17 - KATT WILLIAMS: THE DARK MATTER TOUR

2/19 - HARLEM GLOBETROTTERS World Tour

HARD ROCK:

2/10 - STEVIE NICKS
2/16&17 - TEDESCHI TRUCKS
BAND WITH LITTLE FEAT
2/18 - VALENTINE'S SOUL JAM
3/8 - JUBIN NAUTIYAL
3/9 - TAMIA AND JOE
3/16 - BERT KREISCHER

CAESARS: ONGOING - THE HOOK

BORGATA:

2/16 - RON WHITE 3/16 - JERRY SEINFELD 4/27 - JIMMY CARR: TERRIBLY FUNNY

TROPICANA:

2/9 - 103.7 WMGM
PRESENTS STATIC-X
AND SEVENDUST
3/14 - ALL ABOUT JOEL MUSICAL TRIBUTE TO BILLY JOEL

OCEAN RESORT:

2/10 - THERESA CAPUTO

2/16 - 311

2/17 - KOOL & THE GANG

3/18 - ONE VISION OF QUEEN FEATURING

MARC MARTEL

GOLDEN NUGGET:

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HARRAH'S:

2/23 - THE FAB FOUR - THE ULTIMATE TRIBUTE 4/12 - WHOSE LIVE ANYWAY?

TV CHALLENGE

1	2	3		4	5	6	7		8	9	10
13	1			12			F		13		
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		17					18				
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35 '	36			=	37	* 38				39	40
41		H		42	H				43	+	
44	+	+	П	45					46		

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. "Let me think..."
- 4. Unfreeze
- 8. Walletful
- 11. Low-fat meat
- 12. Nevada city
- 13. "That's ____!" (cry at a lineup)
- 14. Dual-purpose laundry room devices
- 17. Tiller's tool
- 18. Ring site
- 19. Fall follower
- 21. Approach
- 24. You and me
- 25. Terse rejection
- 26. Either/___
- 27. Toward
- 28. Aria, e.g.
- 30. Gigantic
- 32. Convenience store convenience
- 34. California wine, for short
- 35. Zippered usually leather coat with front pockets and knitted cuffs
- 41. High ball?
- 42. Synthesizer pioneer
- 43. DiCaprio, to fans
- 44. Festoons with Charmin, for short
- 45. Poetic tributes
- 46. "Slippery" tree

<u>Dowr</u>

- 1. Cabinet acronym, once
- 2. UFC fighting classification, for short

- 3. ___ pork (Chinese menu item)
- 4. Leaves home?
- 5. That ship
- 6. Plus
- 7. Modeled
- 8. One of the five W's
- 9. Space
- 10. Contacts privately on X, for short
- 15. "Today" host
- 16. Parodist "Weird" Al
- 19. Deuces
- 20. Deli order
- 22. Kitchen pests
- 23. Cheer
- 29. Petting zoo animals
- 31. Spat spot
- 33. Note
- 34. Slalom moves
- 35. Short order?
- 36. "Alley ____!"
- 37. Engine part
- 38. President Biden
- 39. Elusive one
- 40. Seven-time Super Bowl-winning QB Brady

Solution: Larry Bird

N	٦	E		S	Ξ	a	0		S	В	1
0	3	٦		9	0	0	M		8	0	٦
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7:00PM • NBCSP/NBATV

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SAT, FEB 10

7:00PM • NBCSP

@ CLEVELAND CAVALIERS

MON, FEB 12

7:00PM • NBCSP+

VS MIAMI HEAT

WED, FEB 14 7:00PM • NBCSP





VS WINNIPEG JETS

THURS, FEB 8

7:00PM • NBCSP

VS SEATTLE KRAKEN

SAT, FEB 10

7:00PM • ESPN+/HULU

VS ARIZONA COYOTES

MON, FEB 12 7:00PM • NBCSP



Back to the Future

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HILL VALLEY HOVER-BOARD **JENNIFER** LORRAINE LYON **ESTATES** MARTY

MARVIN MCFLY MR FUSION PARADOX STRICKLAND TANNEN TIME TRAVEL

Release the week of February 9 - 15, 2024

FEBRUARY 8 - FEBRUARY 14,

ARIES (Mar. 21- April 20)

You will be focused on your career for the first part of the week, Aries, as the moon moves through Capricorn. You might be developing big work projects, or you may be met with recognition or new opportunities at work. You will also be thinking about your long term career goals and what is worth committing to moving forward. With the new moon in Aquarius on Friday, you may be seeing friends or organising a group activity. You could also be more optimistic about your future, or you might be putting effort into dating and meeting

new people. TAURUS (Apr. 21- May 21)

You will be motivated to learn at the start of the week, Taurus, as the moon moves through Capricorn. You might be reading or doing research, or you could be making progress with a piece of writing or public speaking work. You might be travelling too, or you're feeling connected to your spiritual beliefs. With the new moon in Aquarius on Friday, work will be picking up. You may be met with significant job opportunities, or you could be thinking about what direction you want to pivot in next with your responsibilities and overall

GEMINI (May 22-June 21)

You will be introspective at the start of the week, Gemini, as the moon moves through Capricorn. You might be having emotionally open conversations with people, and you could want to better understand yourself and why you have certain reactions and behaviours. You may simply be paying off bills or making a big pur-chase too. With the new moon in Aquarius on Friday, you could be inspired to learn, and you may be devel-oping a teaching or writing project. You could even be enrolling in a class, or you might be preparing to travel in the near future.

CANCER (June 22-July 22)

You will feel connected to people at the start of the week, Cancer, as the moon moves through Capricorn. You may be going on a date or spending quality time with your partner or a good friend. However, you could be addressing underlying problems in a relationship, or you might be working on communicating openly with someone. With the new moon in Aquarius on Friday, you may be reflecting on your behaviours, and you could want to improve upon certain aspects of yourself. You may also be looking for ways to save or invest

LEO (July 23-Aug 22)

You will be sticking to a solid routine at the start of the week, Leo, as the moon moves through Capricorn. You may feel extra productive at work, as you cross numerous small tasks off of your to-do list. You may also be exercising regularly or cooking healthy meals for yourself. With the new moon in Aquarius on Friday, you will be establishing new relationships. You could be going on a date or entering into a new chapter of your current relationship. You may also be spending quality time with a friend or forming a business partnership. VIRGO (Aug. 23-Sept. 23)

You will be slowing down and relaxing at the start of the week, Virgo, as the moon moves through Capricorn. You may be socialising with friends, or you could want to tend to a creative hobby outside of work. You may also be reflecting on how you can inject your unique point of view into a passion project. With the new moon in Aquarius on Friday, you may be motivated to develop healthy habits. You could be exercising regularly, or you may be making an effort to cook nutritious meals. New work opportunities may arise as well LIBRA (Sept. 24-Oct. 23)

You will be tending to activities around the home at the start of the week, Libra, as the moon moves through Capricorn. You may be cleaning and organising your living space, or you could be visiting with family. You may feel more introverted too, or you could be reflecting on childhood memories and family dynamics. With the new moon in Aquarius on Friday, you will be carving out time to develop hobbies or creative projects. You may also be building greater confidence in your unique skills, or you're finding outlets for self expression, like painting or dancing, for example. SCORPIO (Oct. 24 - Nov. 22)

You will be moving around at the start of the week, Scorpio, as the moon moves through Capricorn. You might be attending events, running errands, or meeting up with friends. You could also have ideas flowing to you for writing or speaking related work. With the new moon in Aquarius on Friday, you may begin to see more activity take place at home. You could be preparing to travel or move homes, or you may be calling or visiting your family more frequently. You could be a bit emotional about family relationships though, or

you're feeling nostalgic. SAGITTARIUS (Nov. 23 -Dec. 21)

You will be motivated at work at the start of the week, Sagittarius, as the moon moves through Capricorn. You may be developing work projects and asserting your own ideas. You could also be shopping for yourself or dealing with numerous expenses that are popping up. With the new moon in Aquarius on Friday, your attention will shift to your social life. You may be scheduling meet-ups with friends, or you could want to attend an event in your city. In addition, you might be travelling somewhere nearby, or you're reading more

or taking a quick workshop. CAPRICORN (Dec 22.- Jan. 20)

You will feel seen by other people at the start of the week, Capricorn, as the moon moves through your sign. You may be approached about new opportunities, or you could be paying greater attention to your personal style and how you're presenting yourself to the world. You will also be gaining confidence in what sets you apart from people. With the new moon in Aquarius on Friday, you might be launching new work projects or getting your own business ideas off the ground. On the other hand, you could simply be shopping more

AQUARIUS (Jan. 21 -Feb. 19)

You will want to slow down and rest at the start of the week, Aquarius, as the moon moves through Capricorn. You could be a bit emotional, or you may be tending to work and hobbies behind the scenes. You may also be finding peace in a journaling or meditation practice. With the new moon in your sign on Friday, you will be ready to set personal goals and pivot in a different life direction over the coming months. You may be approached about exciting opportunities, or you could be announcing something you've worked on for a

PISCES (Feb. 20-Mar. 20)

You will be connecting with friends at the start of the week, Pisces, as the moon moves through Capricorn. You could be organising a group activity, or you may be joining a community event. You may also be inspired to set new goals for your future. With the new moon in Aquarius on Friday, you will be slowing down and taking time to rest. You may be letting go of a situation, relationship, or mindset that is no longer serving you, or you could be turning to a spiritual practice, like astrology or meditation, to feel at peace.

Horoscopes Provided by: astrology-online.com



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Small Cold Sub Tray (for 8) ^{\$}50

Large Pizza, Whole Cheesesteak, French Fries. 2 Liter Soda

Valentine's Menu

APPETIZERS

Heart Shaped Pizza

topped with mozzarella, feta, roasted red peppers, sun-dried tomatoes, kalamata olives and artichoke hearts with a basil pesto drizzle

Mini Crab Bites

homemade jumbo lump crab bites served over spring mix with cocktail or tartar sauce

Eggplant Rollantinigrilled eggplant stuffed with seasoned ricotta cheese topped with red roasted peppers and melted mozzarella cheese

ENTREES

Filet Mignon 6 oz filet mignon served with lightly breaded fried shrimp and a veggie medley

Chicken Cordon Bleu

lightly breaded and fried chicken breast stuffed with ham and swiss cheese topped with alfredo sauce over fettuccine

Shrimp and Scallop Scampi sauteed jumbo shrimp and scallops over linguine topped with our homemade scampi sauce

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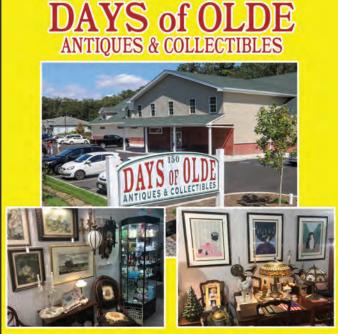
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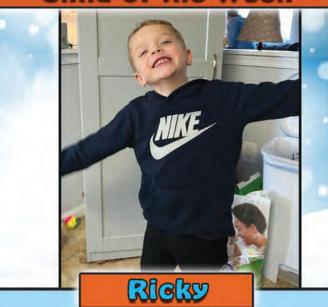




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SUNDAY FEB II





Brunch Menu

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BAYSIDE TOAST
SMASHED AVOCADO, TOMATO, PICKLED
RED ONION, SUNNY SIDE UP EGG,

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HANGOVER BURRITO SCRAMBLED EGGS. BACON, CHEESE, TOTS, SALSA CRUDO, TORTILLA \$10

THE DIVA SPECIAL
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BACON, HAM, SAUSAGE, OR PORK ROLL

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BREAKFAST SANDWICH EGGS, CHEESE, TOASTED BRIOCHE BUN BACON, PORK ROLL, SAUSAGE OR HAM \$8

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FRI: \$5 Fridays All Day
\$5 Tito's Drinks • \$5 Guinness
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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

NEW AC RESEARCH CLUB

The Atlantic City Free Public Library has created a new club – the AC Research Club – for history buffs in Atlantic City and beyond. The club meets twice a month at the Main Library. Topics include exploring the library archives, creating a family tree, searching for historical information for free, learning how to scan family photos and documents, creating a digital repository, utilizing ancestry.com and more. Library archivist Jacqueline Silver-Morillo leads the club.

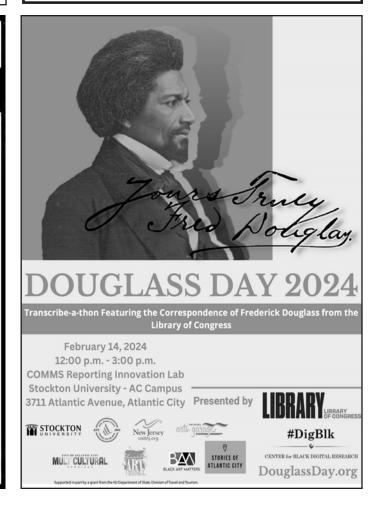
The club meetings begin at 2 p.m. The February meetings are scheduled for Feb. 9 and 23.

Call (609) 345-2269, ext. 3066, or email imorillo@acfpl.org to register.

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Super Bowl Fun Facts - The Big Game By The Numbers

Super Bowl LVIII (58) will crown either the San Francisco 49ers or the Kansas City Chiefs as champions of the National Football League's 103rd season. This will be the eighth Super Bowl for the 49ers, who have achieved victory five times, with the last one being in 1995. On the other side, this is the sixth time the Chiefs have made it to the Super Bowl, with the team having taken home the trophy three times, including last year.

It's no wonder why millions of people will tune in to this big sporting event on television. But the fact that we'll again consume more than a billion chicken wings while watching billions of dollars' worth of commercials with a bit of football mixed in might just boggle your mind. And if you want interesting Super Bowl facts, we've got plenty more where that came from.

Only time will tell which team will come out on top this year. But we can certainly get you prepared for the action in the meantime. Below, you'll find an awesome infographic with our favorite Super Bowl LVIII fun facts, plus a Q&A with a panel of sports business experts. Enjoy the game!

Top 5 Super Bowl Facts for 2024:

- \$6,680: The average cost of a ticket to the past five Super Bowls.
- \$8,586: Lowest price of a Super Bowl LVIII ticket on the resale market just after the conference championships (113% increase from 2023).
- \$1.1B: Estimated economic impact for the Southern Nevada economy in 2024.
- 16.2M: Americans plan to watch the game at a bar or restaurant.
- 192%: 20-year increase in the cost of a 30-second Super Bowl ad.

A record number of Americans are expected to tune into Super Bowl LVIII, with consumer spending linked to the game also forecast to hit an all-time high, according to the U.S. Chamber of Commerce.

More than 200 million U.S. adults plan to watch the Super Bowl, according to a survey from the National Retail Federation — that's well over half the country's population of 335 million — and more than half of those fans say they'll either host or attend a watch party. Another 16 million fans plan to watch from a bar or restaurant, the trade group found.

Such numbers underline the event's sheer economic scale. In all, spending on food, drinks, apparel, party decorations and other categories related to the Super Bowl is expected to reach \$17.3 billion, according to the NRF. That's up about \$1 billion from last year's game and breaks down to roughly \$86 per person.

It also adds up to serious revenue for a wide array of businesses. The U.S. Chamber of Commerce said the event, which pits the Kansas City Chief against the San Francisco 49ers, is expected to generate an additional \$500 million for the Las Vegas economy. That includes a projected 150,000 visitors to the city who are forecast to spend \$215 million in spending on food and beverages, hotel rooms, game-related merchandise and other items.

Such figures don't include the vast sums likely to be waged on the Super Bowl in what is, after all, the gambling capital of the U.S. Nearly 68 million American adults — about 1 in 4 — plan to bet on the contest, according to the American Gaming Association. That includes bets placed with legal outlets, as well as with illegal bookies and online operations in other countries.

Super Bowl LVIII will air on CBS and Nickelodeon and stream on Paramount+ on Feb. 11 from Allegiant Stadium in Las Vegas. Kickoff is scheduled for 6:30 p.m. Eastern time.

Recipe of the Week

by Chef Chip

ASIAN OSTRICH/EMU MEATBALLS

INGREDIENTS:

- · 1 lb Ground Ostrich or Emu
- · 1/4 lb Ground Pork
- 1 Large Egg
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Soy Sauce
- 1 Tbsp Hoisin Sauce
- 1 Tbsp Oyster Sauce
- 1 Tbsp Chili Sauce
- 1 Tbsp Pineapple Juice
- 1 Tbsp Honey
- · 1/2 tsp Oregano
- · 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1/2 cup Short Grain Rice, Cooked & Cooled
- · 2 Tbsp Panko Bread Crumbs

PREPARATION:

In a medium size bowl, mix all ingredients except rice by hand. After everything is incorporated, gently fold in rice. Roll into equal size balls and place on a sheetpan lined with parchment paper. Bake in a preheated 350° oven to an internal temperature of 165°. 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.

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

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	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	Sports	ET (N)	Super Bov	vI (N)	Fire Count	ry	Blue Blood	ds	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Shark Tan	k	20/20 (N)				News (N)	(:35) J. Kim	mel
10-NBC	News (N)	NBC News	News (N)	Hollywood	Transplan	t (N) (SF)	Dateline N	BC (N)			News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Game	LIV Golf Lo	eague Las V	egas, Day 2	? (N)	Action Nev	ws at 10 (N)	Game	Big Game	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Frankie	(:45) Midso	mer	Midsomer	Murders	Start Up	NJ Spotl	One on O	Newsline
29-FOX	The Six	Special	Extra (N)	TMZ (N)	WWE Frida	ay Night Sm	ackDown (l	N) (Live)	News (N)	Special	News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law & Ord	er: SVU	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8 "Taken"	The First 4	18	The First 4	8	First 48 "D	evil's Trail"	(:05) The F i	rst 48	(:05) First48
AMC	뜻★★ Cock	t ail ('88) Bry	an Brown,	Γom Cruise.	뿟★★ Days	of Thunder	r ('90) Rober	rt Duvall, To	m Cruise.	਼ਾ±∗★ The (Outsiders ('	83) Matt Dille	on.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Gold Rush		Gold Rush		Gold Rush	ı (N)	(:10) Hustle	ers (N)	(:10) Outba	ck (N)	(:10) Gold F	Rush-Res.	Gold Rush
DISN	Hamster &	Hamster &	Big City	Big City	뜻★★★ Rai	tatouille ('07	7) Patton Os	walt.	Kiff	Kiff	Big City	Big City	Ladybug
ESPN	SportCtr (N	N) (Live)	SportCtr	Gymnastic	s Arkansas	at Florida	College So	ftball Texas	at UCLA (N	N) (Live)	SportCtr (N	N) (Live)	SportCtr
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PARMT	Two Men		Two Men		A	ister ('96) Bi	· · ·	,		A	• (/		
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USA	Chicago Fi	ire	Chicago Fi	re	뚯★★★ The	e Avengers	('12) Chris E	vans, Robe	rt Downey J	r	Chicago Fi	ire	Chi. Fire

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OUR 49TH YEAR!

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ATLANTIC CITY

February 10: SHOWBOAT BOXING SHOWCASE

Showboat Hotel Atlantic City

The Showboat Showcase is sponsored by the New Jersey Give a Kid a Dream Foundation and sanctioned by NJ USA Boxing. Featuring boxers of all ages. This event has a no refund policy. All tickets and donations support the mission of the New Jersey Give a Kid a Dream.

Showtime 2 pm Doors Open 1 pm Weigh-in 11am Ringside Tickets \$35 General Admission \$25



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February 9 - 11: ACFSC RENAULT WINERY PRINCESSES ON ICE!

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Come out to Vinter Wonderland and watch your favorite princesses perform on the Ice! This event is presented by ACFSC and Renault Winery!

February 10: WINE & CHOCOLATE 5K RUN

9:00 am - 1:00 pm TICKET PRICES: \$20+

Come run a 5K at Renault with chocolate, wine, and a great time waiting for you at the finish line! 5k participants over the age of 21 will receive a stemless glass keepsake, 1 wine sampling, and chocolate finishers medal. 5k participants under the age of 21 will receive a chocolate finishers medal. (No wine or wine glass) Pre-race and Post Race Music and Fun!





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Happy #BlackHistoryMonth! At Big Brothers Big Sisters, we believe in the power of unity. By mentoring youth, we are shaping history in the most meaningful way possible. Together, we provide guidance, support, and inspiration, empowering them to become the leaders and change-makers of tomorrow. Mentoring is our way of making history. Calling all community champic #BlackHistoryMonth, become a Big: bebignow.org #BeBig Calling all community champions! This



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ATLANTIC COUNTY

Presenting Rhythm and Blues Preservation Society Submitted by: Judy Brenna, GACCA Communications Director Catering & Events Director, Blue Dog Hospitality Group



While I still have my training wheels on, since I am a bit rusty getting back into this, my writing priorities are going to come off a bit mish moshed, so please bear with me. Yes, last week was dedicated to my return. But what I really wanted to talk about for the month of February, was Black History Month, highlighting black-owned businesses and nonprofit organizations in Atlantic County. So, I am using this week as my impetus for that. This week I want to discuss the Rhythm and Blues Preservation Society.

If you currently preside under a rock and have no idea what R&B is, allow me to illuminate. Rhythm and Blues, frequently abbreviated as R&B, is a genre of popular music that originated within African American communities in the 1940s. The term was originally used by record companies to describe recordings marketed predominantly to African Americans, at a time when "rocking, jazz-based music" was becoming more popular. Chances are, if you're a human being, and you have ears, you have listened to, and enjoyed this genre at some point in your life. Now that we've gotten that out of the way... I digress.





What IS the Rhythm and Blues Preservation Society, you ask? The Rhythm and Blues Preservation Society (or RBPS) is a nonprofit music society chapter, based in Atlantic City, New Jersey, founded in 2018 by Mr. Perry Thompson, Founder/Executive Director, with a sole mission to preserve the culture of Black music one record at a time. These angels are committed to spearheading an African American Music Studies in colleges and universities in America as a degree program by 2030. They presented their 1st black music preservation lecture & panel series at Stockton University Department of African American Studies in Atlantic City, on February 21, 2022, proclaimed "The Rhythm and Blues Preservation Society Day" by Former Mayor of Atlantic City and presently Assemblyman Donald J. Guardian, as well as received a Letter of Support from NJ Governor Phil Murphy.

What they are doing for the community is crucial. If you have ever read anything I've written in the past, you will know ((that aside from being a colossal nerd and food ogre)), I am an avid lover of all things that have to do with musical and art development. And why? Because studies have proven that music introduced to a child at a young age helps them succeed in academics, namely math and science. Because after all, what is music? Math in symphonic form. Aside from their vast array of programs like their Oral Tradition Project, and International Blues Challenge, they have a fantastic program for the youth, called Instruments for Children. This program started in 2006, in the Rhode Island chapter, to support musical training for students who may not otherwise have been able to afford or participate in music studies, and to keep the African American legacy and tradition of R&B alive for the next generation of aspiring musicians. Since then, they have expanded to a series of participating schools, across multiple states, shaping the minds of our youth. To donate instruments, just contact the RBPS. I have a collection of kazoos and slide whistles they may not necessarily be interested in, but I'm sure they will accept what you can spare. I implore you to checkout their website: https://bluespreservationsociety.org.



Keeping the history and traditions of R&B alive for our youth is paramount, and what better way to celebrate the Youth of R&B than by checking out their showcase, celebrating the Young, Gifted, and Talented Artists in the community, on February 21, 2024, from 2 pm to 4 pm, at the Stanley Holmes Village Community Center, on Adriatic Avenue, in Atlantic City? Also on February 21st, in Camden, NJ, at the Paul Robeson Library, they will be hosting a live Lecture and Performance, by the Queen Diva herself, Rev. Dr. Sonja Elise Freeman. You are guaranteed to be entertained and amazed. Check it out. Celebrate, keep R&B alive, and stay informed. Until next week, friends...



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THIS WEEK IN ENTERTAINMENT

MOST POPULAR SONGS (downloaded & streamed)

WEEK of FEBUARY 10, 2024

- 1. HISS
- MEGAN THEE STALLION
- 2. LOVIN ON ME JACK HARLOW
- 3. CRUEL SUMMER TAYLOR SWIFT
- 4. LOSE CONTROL TEDDY SWIMS
- 5. GREEDY TATE McRAE
- 6. I REMEMBER EVERYTHING ZACH BRYAN FT KACEY MUSGRAVES
- 7. AGORA HILLS DOJA CAT
- 8. BEAUTIFUL THINGS BENSON BOONE
- 9. REDRUM 21 SAVAGE
- **10. SNOOZE**

TOP GROSSING BOX OFFICE MOVIES WEEKEND of 2/2 & 2/4, 2024

- 1. ARGYLLE
- 2. EPISODE #4.1
- 3. THE BEEKEEPER
- 4. WONKA
- 5. MIGRATION
- 6. MEAN GIRLS
- 7. ANYONE BUT YOU
- 8. AMERICAN FICTION
- 9. POOR THINGS
- 10. AQUAMAN AND THE LOST KINGDOM

sports quiz

BY GEORGE DICKIE

Who said that?

Identify the authors of the following quotes:

- 1) "I never criticize a player until they are first convinced of my unconditional confidence in their abilities."
- 2) "Winning is a habit. Unfortunately, so is losing."
- 3) "If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there is a man on base."
- 4) "The sports page records people's accomplishments; the front page nothing but man's failure."
- 5) "You owe it to yourself to be the best you can possibly be in baseball and in life."
- 6) "Boxing is a lot of white men watching two Black men beat each other up."
- 7) "You give 100 percent in the first half of the game, and if that isn't enough, in the second half you give what's left."
- 8) "My main objective is to be professional but to kill him."
- 9) "Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence. In other words: It is war minus the shooting."
- 10) "Little League Baseball is a good thing 'cause it keeps the parents off the streets, and it keeps the kids out of the house."

Answers:

- 10) Yogi Berra
 - Orwell
 - 9) George
- 8) Mike Tyson
- 7) Yogi Berra
 - !|∀
- 6) Muhammad
 - 5) Pete Rose
 - Warren
 - Justice Earl
 - 4) U.S. Chief
- 3) Dave Barry
 - 2) Vince Lombardi
- 1) John Robinson

SATU	RDAY	AFTEF	NOON							F	EBRU	ARY 10), 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Hope-Wild	NFL (N)		Other Preg	ame (N)	Basketball	Illinois at M	ichigan State	e (N) (Live)	Basketbal	I Gonzaga a	t Kentucky (N) (Live)
6-ABC	oh baby!	Hearts of	Pregame	NHL Hocke	y St. Louis	Blues at Buf	falo Sabres	(N) (Live)	NHL Hocke	ey Washing	ton Capitals	at Boston B	ruins (N)
10-NBC	Wild Child	Paid Prog.	Premier Le	ague Socce	er		Goal Zone	PGA Tour	Golf WM Ph	noenix Oper	n, Third Rour	nd (N) (Live)	
17-MNT	Paid Prog.	Paid Prog.	LIV Golf Le	ague Las V	egas, Day 3	Coverage f	rom golf eve	ents across N	North Americ	ca, Europe,	Middle East	and Asia. (N	l) (Live)
23-PBS	(11:00) Mav	is Staples	Yoga-Arthr	itis	Just One T	hing		Wine First	Dooky	Taco Mafia	Taste	NJ Busin	State-Aff
29-FOX	Paid Prog.	Tip-Off (N)	Basketball	Creighton a	t Xavier (N)	(Live)	Hoops (N)	Basketball	Villanova at	t Marquette	(N) (Live)	Hoops (N)	Basketball
57-CW	Paid Prog.	CBS Satur	day Mornin	g (N)		Raw Travel	World's	Sports	Basketball	Alcorn Stat	e at Arkansa	as-Pine Bluff	Athlete
A&E	(11:00) Zo	Everything	Everything	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 4	18	The First 4	8
AMC	뜻★★ The (Outsiders ('8	33) Matt Dillo	on.	뿟★★ Days	of Thunder	' ('90) Robei	rt Duvall, Tor	m Cruise.	뿟★★ Ram	bo: First Blo	ood Part II ((85)
CNN	(11:00) Ho	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	sroom (N)	CNN News	room (N)
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ESPN	(11:00) Ga	College Ba	sketball Te	ams TBA (N) (Live)	College Ba	sketball Te	ams TBA (N) (Live)	College Ba	asketball Te	ams TBA (N	I) (Live)
ESPN2	(11:00) Sp	Basketball	Clemson at	Syracuse (N	N) (Live)	College Ba	sketball Te	ams TBA (N) (Live)	College Ba	asketball Te	ams TBA (N	I) (Live)
FNEWS	(11:00) Ca	Fox News	(N) (Live)	Fox News (N) (Live)	Fox News	(N) (Live)	Journal Ed	itorial (N)	Fox News	(N) (Live)	The Five	
FX	(11:00) धू+र	★★ Mission	: Impossibl	e Rogue Na	tion ('15)	뿟★★★ Mis	sion: Impo	ssible Fal	lout ('18) H	enry Cavill,	Tom Cruise.	♀ Shang-Cl	hi & the Le
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USA	(10:00) So	Premier	Basketball	Saint Louis	at Saint Jos	eph's (N)	Basketball	George Mas	son at David	Ison (N)	911 Crisis	ਝ±± The l	Equalizer

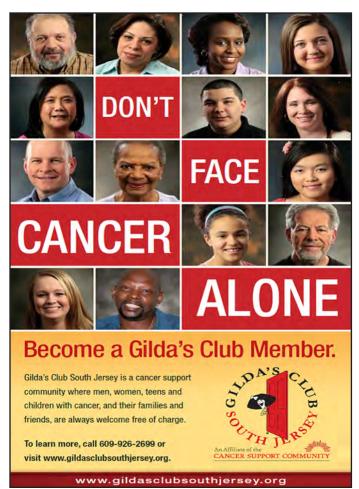
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	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM
3-CBS	News (N)	CBS News	Ent. Tonigh	nt (N)	Super Bow	/I (N)	48 Hours (l	N)	48 Hours (N)	News (N)	(:35) Sports	(:05) Draft
6-ABC	News (N)	WorldNe	FYI Philly	Wheel	NBA (N)	Basketball	Phoenix Su	ns at Golde	n State War	riors (N)	News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	Paid Prog.	Chasing	The Wall		Weakest L	ink	Saturday I	Night Live	News (N)	Saturday N	light Live
17-MNT	Basketball	Virginia Ted	h at Notre D	ame (N)	Basketball	Virginia at F	lorida State	(N) (Live)	Action Ne	ws at 10 (N)	Big Bang	Delco Duo	Big Gam
23-PBS	Reporters	Chat Box	NYC Arts	State/Arts	Old House	Old House	Agatha "Sl	eeping Murd	der"	(:35) Luna	& Sophie	Celebrity 7	rip
29-FOX	(5:30) Colle	ge Basketb	all	Hoops (N)	Basketball	Indiana at F	urdue (N) (I	Live)	News (N)		The Floor		Kelly
57-CW	NBA G Lea	gue Basket	tball		Gallen of	Black	Equalizer "	Leverage"	SEAL Tea	m	WOW - Wo	omen	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	8	The First 4	8	First 48 "S	pree Killer"	(:05) The F	irst 48	(:05) First48
AMC	਼ਾ਼±⋆⋆ Firs	t Blood ('82	2) Sylvester	Stallone.	਼ਿ±⋆⋆⋆ Tor	nbstone ('9	3) Val Kilme	r, Michael B	Biehn, Kurt R	lussell.	₩×××× G	oodfellas (90)
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	n Unknown	Expedition	n Unknown	Expedition
DISN	Ladybug	Ladybug	Ladybug	Ladybug	뜻★★★ Fro	zen ('13) Kr	isten Bell.	Marvel's	Marvel's	(:35) Kiff	Kiff	Kiff	Ladybug
ESPN	Basketball	Baylor at Ka	ansas (N) (L	ive)	Basketball	Tennessee	at Texas A8	kM (N)	College Ba	asketball Te	eams TBA (N	N) (Live)	SportCtr
				,,,,,	Basketball	Arizona Sta	te at Utah (I	, , ,	College Ba	asketball Te	eams TBA (N	N) (Live)	30 for 30
	-	t (N) (Live)	,		Life, Libert	, ,	One Nation	` '	Saturday I	O ()	Gutfeld!		Weekend
FX	(5:00) 9 Sha	ng-Chi & the	Legend of t	he Ten Ri	뿟★★ Etern	nals ('21) Sa	lma Hayek,	Kit Haringto	on, Angelina	Jolie. (P)		₹★★★ An	t -Man ('15)
	, , , , ,	★ Skyfall ('				` '	ason Clarke.		(:05) True '			(:45) Real ,	Bill Maher
	The UnXpl		The UnXpla		The UnXpl		The UnXpl		` '	nXplained	` '		UnXplain
	Law & Ord		Law & Orde		Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law-SVU
									1	e Room ('22			Movie
	, , , , ,	Body of Lie	. ,		뚯★★★ Luc	• • •			derland ('03	<u>′</u>	, , ,	★ Ex Machii	` '
	Birds	` '		'			Vizards (N)	` '	. ,	Hank Gath		Wm. Bask	
	, ,	el Transyl		<u> </u>		<u> </u>		Friends	Friends	Friends	Friends	Friends	Friends
	Movie						**			04) Jake Gyl			Movie
		Big Bang	•	•	•	•	•				` ' '	Gibson, Sh	
	** ★★★ Butterflies Are Free ('72)						` '			e Miracle W	٠ ,		뿟 Pollock
	(5:00) ** ★ ★ Aquaman ('18) Jason Momoa.						llision (N) (. ,	Chris Pine, (
USA	(5:00) 👯★★	00) % ★ ★ The Equalizer ('14)				engers: Age	of Ultron ('15) Robert	Downey Jr		뜻★★ The	Equalizer ('	14)

SUND	AY AF	TERNO	OON							F	EBRU	ARY 11	, 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Slimetime	Rd Super I	Bowl (N)	You Are Lo	(N)	The NFL To	oday Exper	ts share thei	r Super Bow	/I LVIII preg	ame analysis	s. (N) (Live)	
6-ABC	Inside	Action Nev	ws (N)	Vets-Pets	NBA (N)	NBA Bask	etball Bosto	n Celtics at	Miami Heat	(N) (Live)	FYI Philly	Action Ne	ws 5PM (N)
10-NBC	Issue	FIS Snowb	oard	Track and	Field Millros	e Games (N	l) (Live)	PGA Tour	Golf WM P	noenix Oper	n, Final Rour	nd (N) (Live)	
17-MNT	Stories	Basketball	Louisville at	t Syracuse (I	N) (Live)	LIV Golf Le	eague Las \	/egas Highliç	ghts (N)				
23-PBS	Think Tank	State-Aff	Darley	Lidia	Milk	Cook	Sara's	Young For	ever With N	/lark Hymai	n, MD	Deepak Ch	nopra
29-FOX	Paid Prog.	Paid Prog.	Paid Prog.	Wm. Baske	etball lowa a	at Nebraska	(N) (Live)	Extra (N)		Special	Special	TMZ (N)	
57-CW	Paid Prog.	World Cha	se Tag	Storm of (N	۷)	SOS: How	to Survive	Paid Prog.	Home	Fast: Hom	e Rescue	Black Hist	ory Honors
A&E	(11:00) Zo	Zombie "La	ake Mary"	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	The First	48	The First 4	18
AMC	(10:00) 🐕 D i	raft Day	਼ਾ਼*★★★ Tor	nbstone ('93	3) Val Kilme	r, Michael B	iehn, Kurt R	ussell.	ቻ★★★★ G	ioodfellas ((90) Ray Lio	tta, Robert D	e Niro.
CNN	(11:00) Insi	State of Ur	nion	Fareed Zak	aria GPS	CNN News	room (N)	CNN News	room (N)	CNN News	sroom (N)	CNN News	room (N)
DISC	(11:00) Hu	Hustlers G	amblers	Hustlers G	amblers	Puppy Boy	vI XX (N)					Pet Tricks	Afraid
DISN	(:50) *** ★ ★	Rio 2 ('14) A	nne Hathaw	ay.	Marvel's	Marvel's	Hailey	Hailey	Hailey	Big City	Big City	Big City	Big City
ESPN	(10:00) Pos	tseason NF	L Countdo	wn (N) (Live))	Basketball	Connecticu	t at South C	arolina (N)	Softball O	klahoma Sta	te at UCLA	(N) (Live)
ESPN2	(11:00) ES	Basketball			()	College Ba	sketball Te	ams TBA (N	I) (Live)	Wm. Bask	etball Alaba	ma at LSU ((N) (Live)
FNEWS	(11:00) Me	Fox News	(N) (Live)	Fox News	(N) (Live)	FOX News	Sunday	Maria Bart	iromo	Fox News	(N) (Live)	Saturday I	light
EX	, , ,		: Impossibl		` '		• • •	Jodie Come	, , ,			ch ('05) Will	
HBO	(11:20) ♀★★	k★★ The D	ark Knight	('08) Christia	ın Bale.	(:55) ♀ Goin	g to Mars: N	ikki Giova	(:40) ਼*★★	Jurassic W	'orld ('15) Cl	nris Pratt.	RealTime
HIST	,		iens "Alien (<u>'</u>			iens "Aliens	and the Bu		Ancient A		Ancient A	iens
ION	(11:00) NC	NCIS "Kill (Chain"	NCIS "Doub		NCIS		NCIS "Bulle			ssed to Kill"		
			My Doorst	,		•		he Movie "F		•	Murders: T		
MAX	, , ,		(:25) ਼ਿ*★★ (` '	. ,	` '	Robert De N		, ,	★ Appaloos	. ,	
NBCSPA				•				t Monmouth	(N) (Live)	Allen Ivers		NBA Bask	
NICK			SpongeB	. •	**	•				•	2 ('21) Matt		0 , (,
PARMT	(11:00) Bar			Bar Rescu		Bar Rescu		Bar Rescu	е	Bar Rescu	ie	Bar Rescu	
TBS	Movie					Puppy Boy	` '					Pet Tricks	1"
TCM	(11:00) ♥★★★ Jezebel ('38) ♥★★★ My Man God								•	*			ige to India
TNT	, , , ,	(11:00) \\ \dota \dots \dots \text{The Da Vinci Code} ('06) Tom Hanks.						ns ('09) Ewa				뿟★★ Infer	(/
USA	Soccer Ast	on Villa vs.	Manchester	United (N)	Goal Zone	Basketball	Rhode Isla	nd at Massa	chusetts (N)	Law & Ord	der: SVU	Law & Ord	er: SVU

SUND	AY EV	ENING							F	EBRU	ARY 11	, 2024
	6 PM	6:30	7 PM	7:30	8 PM 8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	Kickoff	Super Bow	ıl LVIII San I	rancisco 49	ers vs. Kansas City Chi	efs (N) (Live	e)	Tracker (N)) (P)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Fun Videos	3	Fun Videos	Celebrity J	eopardy!	Celebrity J	eopardy!	News (N)	News	FYI Philly
10-NBC	News (N)	NBC News	America's	Got "Semi-F	inals 2"	Dateline N	ВС	l .		News (N)	l.	Bensinge
17-MNT	Big Bang	Goldbergs	Penn & Tel	ler	Penn & Teller	Penn "Bada	ass Brooke"	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Seinfeld
23-PBS	(5:00) Deep	ak Chopra	Suze Orma	n's Ultimat	e Retirement Guide	You, Happ	ier With Da	niel Amen, I	MD	Young For	ever	ı
29-FOX	Special	ClassH	Next Level	Chef	Simpsons Krapopolis	Burgers	Family Guy	News (N)		News (N)	Extra (N)	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	CBS News Sunday Mo	orning (N)	Who Stole	Major Crim	ies	WOW - Wo	men	King
A&E	The First 4	18	The First 4	3	The First 48	The First 4	8	The First 4	8	(:05) The F i	rst 48	(:05) First48
AMC	Movie	਼ਿ*★★★ My	Cousin Vin	ny ('92) Mai	isa Tomei, Joe Pesci.	Spade "Epi	sode 5" (N)	(:15) ਼ਿ*★★★	My Cousi	n Vinny ('92) Joe Pesci.	<u> </u>
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec	CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	(5:30) Afrai	·		Afraid	Naked and Afraid	Naked and	Afraid	Naked and	Afraid	Naked and	Afraid	Afraid
DISN	Kiff	Kiff			క్ల∗★★★ The Jungle Bo	ok ('16)	BigCity	(:20) Big Ci	ty Greens	(:55) LEGO	(:25) LEGO	Ladybug
ESPN	SportsCen	iter	AKC Highli	ghts (N)	X Games Trending Mo	ments (N) (L	ive)	SportCtr	NFL (N) (Li	ive)	SportsC. (I	N) (Live)
ESPN2	Cornhole /	ACL Kickoff I	Battle (N) (Li	ve)	ESPN Films			X Games A	spen 2024	Anthology		30 for 30
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	Life, Liberty (N)	Sunday Ni	ght (N)	Weekend		Life, Libert	y & Levin	Sunday
FX	(4:30) 😤★★	★ Hitch	਼ਾ਼⊁⋆⋆ The F	roposal ('0	9) Ryan Reynolds, Sand	dra Bullock.	਼ਾ਼±⋆★ The F	Proposal ('0	9) Ryan Re	ynolds, Sand	dra Bullock.	₩ Hitch
HBO	(5:50) Real	(:50) ਼ਿ*★★★	Everest ('1	5) Josh Bro	lin, Jason Clarke.	True "Part	5" (N)	Enthusias	(:40) True "	'Part 5"	Enthusias	(:20) True
HIST	Ancient Al	iens	Ancient Ali	ens	Ancient Aliens	Ancient Al	iens	(:05) Anciei	nt Aliens	(:05) Ancie	nt Aliens	(:05) Aliens
ION	NCIS "Cres	scent City"	NCIS		NCIS	NCIS "Alleg	ged"	NCIS "Shoo	oter"	NCIS		NCIS
(IFE	Gypsy Ros	se	Gypsy Ros	е	Gypsy Rose	Gypsy Ros	se	(:05) Gypsy	Rose	(:05) Gyps y	Rose	GypsyRo
MAX	(:10) ਼ਿ*★★	Taken 3 ('14) Liam Nees	on.	rx+ ★ Antitrust ('01)		(:50) ५★★★	Source Co	ode ('11)	(:25) ♀★★★	First Refo	rmed ('17)
NBCSPA	(5:00) NBA	Basketball	BBL Newca	stle Eagles	vs. Caledonia Gladiator	'S	Wm. Baske	etball Delaw	are at Monr	nouth	Poker Nigh	nt
NICK	Movie	Super Bow	1 58 San Fra	ncisco 49e	rs vs. Kansas City Chief	s (N) (Live)		RockPaper	Friends	Friends	Friends	Friends
PARMT	Bar Rescue Bar Rescue		Bar Rescue	Bar Rescu	е	Bar Rescu	е	Bar Rescu	e	BarRescue		
TBS	(5:30) \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\			The Proposal ('09) San	dra Bullock.		Pet Tricks	਼ਾਮ⋆⋆★ The	or: Ragnaro	k ('17)		
TCM	(5:00) % *★★★ A Passage to India ('84)				dge ('46) Tyı	one Power.		(:45) ♀★★	None but	the Lonely	Heart ('44)	
TNT	(5:00) % ★ ★ Inferno ('16) % ★ ★ Jaso		۲++ Jaso	n Bourne ('16) Matt Dar	mon.	(:45) ♀★★★	The Bourn	ne Ultimatu	m ('07) Matt	Damon.	Movie	
USA	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law-SVU "Man Up"	Law-SVU "	Man Down"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU
A CE a C		aw & Order. 3vo				1						



Atlantic County Magazine's 2024 Valentine's Day Coloring Contest How does the contest work? All entries must be received by Wed, Feb 14, 2024. One entry per child. To enter, take a picture of your child holding up their completed coloring page and email it to atlanticcountymagazine@comcast.net with the subject "Coloring Contest." Be sure to include child's name, age and what they love about Valentine's Day. Are there prizes? Yes! The winner will be featured in Atlantic County Magazine as "Child of the Week" with their art!





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

Talk about making a PAWS-itive impact!

Becoming a puppy raiser or sitter makes a difference not only in those matched with a Seeing Eye dog but also allows you to join a community like no other. Seeing Eye puppy clubs consist of people of all ages and walks of life who all share the desire to help others.

A puppy raiser is the primary caretaker for a Seeing Eye puppy for about one year. A puppy sitter is someone who is available to help care for a puppy for short periods of time (typically for a night or weekend) when their primary caretaker cannot. This is a great way to get started in puppy raising, or to help out if you cannot commit to raising a puppy full time. We could not continue our mission without all our amazing volunteer puppy raisers and sitters.

If you are interested in joining our puppy raising community, please visit seeingeye.org/raise

PD: A collage shows photos of a yellow Lab/golden retriever cross puppy sound asleep in a Seeing Eye staff member's arms, a German shepherd wearing a Seeing Eye puppy raising bandana sitting amidst daffodils with his head tilted, a young girl with the black Lab/golden retriever cross puppy she is raising sitting at her side, and a group shot of a puppy club sitting together at a park with puppies of all breeds. Text reads, "Join Our Family — Raise a Seeing Eye Puppy — seeingeye.org/raise"

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.





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



This Week's Weather HIGH 46 THURSDAY, FEBRUARY 8 **LOW 34** HIGH 50 FRIDAY, **FEBRUARY 9 LOW 39** HIGH 54 SATURDAY, FEBRUARY 10 **LOW 43** HIGH 52 SUNDAY, FEBRUARY 11 **LOW 43** HIGH 46 MONDAY, FEBRUARY 12 70% **LOW 39** HIGH 45 TUESDAY, FEBRUARY 13 **LOW 36** HAPPY VALENTINE'S DAY! HIGH 43 WEDNESDAY, **FEBRUARY 14 LOW 34**



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TOTAL SAMPLE MOE: +/- 3.1 PTS. JAN. 29-FEB. 2, 2024

FAVORITE THING ABOUT SUPER BOWL SUNDAY

FOOTBALL FANS VS. NON-FANS

	FANS	NON-FANS
The game	44%	11%
The commercials	18%	36%
Parties, eating & drinking	21%	30%
Halftime show	17%	22%





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HEALTHFUL LIVING

A Weekly Guide to Health Awareness

YOGA POSE OF THE WEEK -Standing Forward Bend (Uttanasana)

To do Standing Forward, Bend, exhale, and fold over your legs. If the hamstrings feel a little tight at first, bend the knees so that you can release your spine. Let the head hang heavy. Keep the legs gently bent with feet hip-width apart for better stability (you can straighten the legs, but it is unnecessary). You can clasp opposite elbows with opposite hands while swaying gently from side to side. Standing Forward Bend stretches and lengthens the hamstrings and calves. It is common to have tight hamstrings if you run or play a sport that involves lots of running. It is regarded as a relaxing and stress-relieving pose. Traditionally, it is said to help relieve insomnia.



VITAMIN HIGHLIGHT -Iodine

Iron is important in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency anaemia. Good sources of iron include: liver (but avoid this during pregnancy), red meat, beans, such as red kidney beans, edamame beans and chickpeas, ,nuts, dried fruit – such as dried apricots, fortified breakfast cereals and soy bean flour.

MENTAL HEALTH CHECK-IN

What makes you feel stuck?
What are beginning steps to move forward?

TREATMENT SERVICES

In an emergency, please dial 911.

NJ Hope Line: 855-654-6735 • njhopeline.com
ReachNJ: 844-732-2465 • reachnj.gov
IME Addictions Access Center: 844-276-2777

NJ Connect for Recovery: 855-652-3737
njconnectforrecovery.org

988 Suicide & Crisis Lifeline: 988 • 988lifeline.org
(Formerly: National Suicide Hotline: 800-273-8255)

NJ Mental Health Cares: 866-202-HELP (4357)
njmentalhealthcares.org

Council on Compulsive Gambling of NJ:
800-GAMBLER (426-2537) • 800gambler.org
Veterans Counseling Hotline: 866-VETS-NJ4

National Domestic Violence Hotline: 800-799-7233 • thehotline.org

(838-7654) • njvet2vet.com

MONE	MONDAY EVENING FEBRUARY 12, 2024												
IVIOIVE	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			Inside Ed.			Bob Heart			NCIS (N) (S		News (N)	(:35) Colbe	
-	` '		Jeopardy!	` '	The Bache		(1) (1	,	Bad Rom (News (N)	(:35) J. Kim	(/
10-NBC	News (N)	NBC News	. ,	` ,	America's	Got "Final P	erformances	s" (N)	The Irration	nal (N)	News (N)	(:35) J. Fall	on (N)
	Goldbergs	Big Bang	Big Bang	Goldbergs	Ride "Este	lla"	Wild Cards	3	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Nature		NOVA "Pict	ture a Scien	tist"		NJ Spotl	One on O	Newsline
29-F0X	The Six	The Pulse	Extra (N)	TMZ (N)	Wanted (N	1)	TMZ Invest	tigates (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Screwed"	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8	Hoarders ((N)	Hoarders (N)	Secrets of	(N)	(:05) The F i	rst 48	Hoarders
AMC	(5:00) ਼*★★	★ Kill Bill: \	Vol. 2 ('04)		ç××× Kn	ives Out ('19	9) Chris Eva	ns, Ana de A	Armas, Dani	el Craig.	₹★★★ The	Fugitive ('	93)
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Contraban	ontraband: Seized Contraband: Seized amster & Hamster & Big City Big City			Contraban	d: Seized	Contraban	d (N)	Hustlers G	amblers	Hustlers G	amblers	Contraba
DISN	Hamster &	Hamster &	,	Big City	Hailey	Hailey		Ladybug	, ,	Ladybug	Jessie	Jessie	Ladybug
ESPN	•	portsCenter Basketball Wake For				N) (Live)		Kansas at 7		,,,,,	SportsC. (I	N) (Live)	SportCtr
ESPN2	ESPN BET	Live	ESPN Film	s				etball Arizor	na at USC (N	I) (Live)	NFL Live		UFCCount.
FNEWS	Bret Baier	· / · /	Ingraham (, , ,	Jesse (N)	· /	Hannity (N	, , ,	Gutfeld! (N		Fox News	· / · /	The Five
FX	(5:00) ♀ Fas t	t & Furious F	Presents: Ho	bbs & Shaw		stbusters: A	. ,	<u> </u>				ternational	` '
HBO	(/ /	•	('15) Saoirse		True "Part		()		. ,			(:35) Y The	. ,
HIST	History's-M	•	History's-N	,	History's-I	•	Mysteries	` '	` '		eath of Bruc		Mysteries
ION	Criminal "D	Demons"	FBI "Straigh	nt Flush"	FBI "All Th	at Glitters"	FBI "Hackti	vist"	FBI "Traum		FBI "Know		FBI
	Castle		Castle		Castle		Castle		(:05) Castle	'	(:05) Castle		Castle
-		뜻★★★ Sca	•			the Blue ('05	•	(:50) ♀ Into			. ,	Bandits ('01	<i>*</i>
	` '	•			,	hiladelphia F	, ,	Postgame	() (-)	Birds	Snow M'tn		NHLHock
NICK	LoudHou		NFL Slimet			RockPaper				Friends	Friends		Friends
PARMT		Two Men				e Hangover	` '				Hangover P	. ,	I
TBS	3 . 3	3 . 3	3 . 3	Big Bang	0 0	Big Bang							
TCM	%★★ Knigl			` ,		he Adventu				, ,		ons, Richard	
TNT	, , ,		irne ('16) Ma			e Martian ('1			sten Wilg, M	att Damon.			
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE Mon	day Night R	AW (N) (Liv	re)			₹★★★ Dja	ngo Unchai	ined ('12)

TUESI	TUESDAY EVENING FEBRUARY 13, 2024													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	FBI (N) (SF	P)	FBI: Int (N)) (SP)	FBI-Wante	d (N) (SP)	News (N)	(:35) Colbe	rt (N)	
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	The Bache	lor (N)			The Rooki	е	News (N)	(:35) J. Kim	nmel (N)	
10-NBC	News (N)	NBC News	News (N)	Hollywood	Night (N)	Extended	La Brea (N	1)	Quantum I	eap (N)	News (N)	(:35) J. Fall	on (N)	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Inside NFL	Week 23	WhoseLine	WhoseLine	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Farewell D	oc Martin	The Seasion	de Hotel	Symphony		NJ Spotl	Price	Newsline	
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	Name That	Tune (N)	The Floor	(N)	News (N)		News (N)	Phantastic	Person	
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)	Law-SVU "	Sin"	Neighbor	Neighbor	King	
A&E	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Customer	Customer	Customer	Customer	RoadWars	
AMC	(5:00) 🖔★★	★ Knives O	ut ('19) Dan	iel Craig.	ቻ★★★ Cas	st Away Hel	en Hunt, Nic	ck Searcy, T	om Hanks.		਼ਾਮ±±± The	e Perfect St	orm	
CNN	Situation (N) (Live)	OutFront (N) (Live)	CNN Spec		CNN Spec		CNN Spec		CNN Spec		Newsroom	
DISC	Moonshine	ers	Moonshine	ers	Moonshine	e rs "Legalize	tt!" (N)		Big Little (N)	Moonshine	ers	Moonshine	
DISN	Hamster &	amster & Hamster & Big City Big City			₱ Descended	lants 2 ('17)	Dove Came	eron.	Ladybug	Ladybug	Villains	Villains	Ladybug	
ESPN	SportsCen	ter	Basketball	North Carol	ina at Syrac	use (N)	Basketball	Ole Miss at	Kentucky (N	N) (Live)	SportsC. (N) (Live)	SportCtr	
ESPN2	ESPN BET	Live	College Ba	sketball Te	ams TBA (N	l) (Live)	College Ba	asketball Te	ams TBA (N	l) (Live)	Basketball	NFL Live		
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live)	Hannity (N	l) (Live)	Gutfeld! (N	l)	Fox News	(N) (Live)	The Five	
FX	(5:30) 뽯★★	Ghostbust	ers: Afterlif	e ('21)	뜻★★ Trans	sformers: T	he Last Kni	ight ('17) An	thony Hopki	ns, Mark W	ahlberg.	★ Transform	ners: Last	
HBO	(5:00) 뽯★★	Godzilla	(:25) Enthu	siasm	뿟★★★ Mad	d Max: Fury	Road ('15)		Enthusias	(:40) True "	Part 5"	뿟 X-Men: D	ays of Fut	
	Curse of O		Curse of O	ak Island	Oak Island	"Tea Time"	Oak Island	I (N)	(:05) Berm u	ıda (SF)	(:05) Oak Is	sland	Oaklsland	
ION	Chi. Fire "E	Buckle Up"	Chicago Fi	re	Chicago Fi	re	Chicago Fi	ire	Chicago Fi	ire	Chicago F	ire	Chi. Fire	
	Castle		Castle "XY	1	Castle "XX"	II .	Castle "Ph	Dead"	(:05) Castle)	(:05) Castle	9	Castle	
MAX	Movie	뜻★★★ Luc	, ,		뜻 The Froz	en Ground	('13)	(:45) ਼ਿ*★★	Paper Town	. ,		(:35) % Bar	•	
NBCSPA	Birds (N)	Birds	The Best S	how Ever?					Birds	Golfer	British Bas	sketball Lea	igue	
	LoudHou	LoudHou	LoudHou		Patrick	SpongeB		Friends	Friends	Friends	Friends		Friends	
PARMT	Two Men	Two Men					. ,	radley Coop		**	Hangover P			
-				•	•	•	•		Big Bang					
	, ,		a Syndrom	· ,			, ,		Sunshine of	<u> </u>	` '		()	
TNT	(4:00) ♀ Th		Tip-Off (N)			,	r at Orlando	Magic (N)	Basketball				(/ (/	
USA	Law-SVU "	Genes"	Law-SVU "	Net Worth"	WWE NXT	(N) (Live)			(:10) 뽯★★★	Invictus (09) Matt Da	mon, Morga	n Freeman.	

WEDN	IESDA	Y EVE	NING							F	EBRU	ARY 1 4	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Price Is Ri	ght (N)	Let's Make	a (N)	FBI True (N	1)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Conners	Not Dead	Abbott (N)	Celebrity	Judge (N)		News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	ed	Chicago Fi	re	Chicago "U	Inpacking"	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Wild Cards	s (N)	Family Lav	v (N)	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Governors	Table	Miss "The 0	Calling"	Creatures '	'Papers"	NJ Spotl	Drive-Hist	Newsline
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	I Can See ((N)	We Are Fa	mily (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (I	N)	Law-SVU "	Uncle"	Neighbor	Neighbor	King
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Booked (N)	CourtCam	CourtCam	CourtCam
AMC	(5:00) 👯★★	★ Cast Awa	ay Tom Han	ks.	਼ਾ਼±⋆⋆ My	Cousin Vin	ny ('92) Mar	risa Tomei, c	Joe Pesci.	ቻ⋆⋆⋆⋆ G	oodfellas ('	90) Robert D	De Niro.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	King Charl	es (N)	Laura (N) (Live)	Cooper360
DISC	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	X (N)	Ghost Adv	. (N)	Expedition	Unknown	Expedition
DISN	Hailey	Hailey	Hailey	Hailey	Chibiverse	Marvel's	Marvel's	Ladybug	Ladybug	Ladybug	Chibiverse	Hailey	Ladybug
ESPN	SportsCen	' '			Chicago Bu	ılls at Clevel	and Cavalie	rs (N) (Live)	Basketball	Los Angele	s Clippers a	t Golden Sta	ate Warriors
ESPN2	(5:30) PLL		Basketball	Miami at Cl	emson (N) (Live)	Basketball	Tennessee	at Arkansas	(N) (Live)	SportCtr (N	N) (Live)	SportCtr
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live)	Hannity (N) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	(4:30) % Iro				the Legen	d of the Ter	Rings ('21)) Simu Liu.	Feud: Capo	ote (N)	Feud "It's In	mpossible"	Feud
HBO	(:05) ♀★★★	Definitely,	Maybe ('08	5)	뜻★★★ Tra	inwreck ('1	5) Amy Schu	ımer.	(:05) True "	Part 5"	(:15) ਼ਿ*★★	Sex and the	City ('08)
HIST	American I		American I		American I			()	(:05) Picker	- ()	(:05) Picke ı		Pickers
ION	Blue Blood	ds	Blue Blood	ls	Blue Blood		Blue Blood		Blue Blood		Blue Blood		Blue Blood
	Castle		Castle			rash and Bo	. ,	Prison Brid	` '	Married	` ′	(:35) Baby	
MAX	. ,	iday the 13		<u> </u>			•	Friday the	e 13th A Ne		Friday the	•	
NBCSPA	. ,	Sixers (N)	Basketball			•	, , ,	Sixers (N)	(-/	Birds	In. Golf	Bensinger	Basketball
NICK	LoudHou	LoudHou	Danger		NFL Slimet		Friends	Friends		Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men			, ,		· •	Leonardo D	'			₹ Titanic
TBS	Big Bang	Big Bang Big Bang Big Bang				<u> </u>	namite (N)	` '	Pet Tricks		Mod Fam		Mod Fam
TCM	** ★★★ Wuthering Heights ('39)						phia Story (o ('65) Julie		
TNT	Lucifer NHL on T NHL Hock						0 () (¥*** The	•		
USA	Law-SVU "	Brothel"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Resident (N) (SP)	Law & Ord	er: SVU	Law-SVU

THURSDAY EVENING FEBRUARY 15, 2024													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Sheldon	Ghosts	So Help Me	e (N) (SP)	Tracker		News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	opardy! Wheel (N) Truth and Lies:			Doomsday Prophet (N) Will T			/ill Trent N		ws (N) (:35) J. Kimmel (N)	
10-NBC	News (N) NBC News News (N) Disco		Discover	Law & Ord	er	Law & Order: SVU		Law & Order		News (N) (:35) J. Fallon (I		on (N)	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Conners	Conners	Son of a Children		Action News at 10 (N)		Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	potl Roots "Far and Away" Th			The Black Church: This Is			NJ Spotl	State/Arts	Newsline
29-F0X	The Six	Kelly (N)	Extra (N)	TMZ (N)	Next Level	Chef (N)	Farmer (N)		News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)		Law-SVU "Avatar"		Neighbor	Neighbor	King
A&E	The First 4	8	First 48 "SI	not Caller"	The First 48 (N)		Taking the Stand (N)		(:05) Undercover (N)		(:05) The First 48		(:05) First48
AMC	(5:00) ** ★★★★ Goodfellas ('90)				**** Tombstone ('93) Val Kilmer, Michael Biehn, Kurt Russell.					ussell.	*** ★★ Die Hard ('88) Bruce Willis.		
CNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		The Source (N) (Live)		CNN (N) (Live)		Laura (N) (Live)		Cooper360
DISC	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportsCen	ter	Basketball	ketball South Carolina at Tennessee			Basketball Colorado at UCLA (N) (Live)			SportsC. (I	N) (Live)	SportCtr	
ESPN2	ESPN BET	Top 16	Basketball	Temple at F	lorida Atlantic (N) Basketball Stanford at			Washington (N) (Live)		SC Feat.	Featured	E60	
FNEWS	Bret Baier (N) (Live) Ingraham (N)		N) (Live)	Jesse (N) (Live)	Hannity (N) (Live) Gutfe		Gutfeld! (N	` '		Fox News (N) (Live)		
FX	(4:30) ♥ Equalizer 2 ♥★★ Fast & Furious 6				('13) Paul Walker, Vin Diesel.				★★ Fast & Furious 6 ('13) Paul Walker, Vin Diesel.				
HBO	(:55) ** ★★★ I, Tonya ('17) N		17) Margot F	Margot Robbie.		Enthusias (:35) \\ \dots \dots \dots \dots \dots		· ,		, , , , , , , , , , , , , , , , , , , ,		Flight ('12) Denzel Was	
HIST	Swamp People		Swamp People		Swamp "Chasing a Leg		end" (N) (:35) Swam		p (N) (SP) (:35) Swam		p People		Swamp
ION	Chicago P.D.		Chicago P.D.		ŭ		ū		Chicago P.D.		Chicago P.D.		Chicago
			•		·				(:05) Baby	(:35) Baby	(:05) There :	sa Caputo	T. Caputo
MAX	(:05) ** ★★ Dark Places ('15) Charlize Theron.				The Strangers: Prey at Night (:25) ★★			The Visit ('1	5)	Beatriz at Dinner		Movie	
NBCSPA	Birds (N)	Pregame	NHL Hocke	ey Philadelpl	hia Flyers at	t Toronto Ma	ple Leafs	Postgame	(N) (Live)	Birds	World Pok	er Tour	NHLHock
NICK	LoudHou	LoudHou	LoudHou	SpongeB	Patrick	RockPaper	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	** ★ ★ The Day After Tomorrow ('0			,			r + + + + + + + + + + + + + + + + + + +		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers (N)	₹★★ Ocea	n's Eight
TCM	(:15) ਨੂ⊁★★★	(15) ♀★★★ Here Comes Mr. Jordan ('41) ♀★★★★ A Star Is Born ('37) Janet Gaynor. ♀ One Way Passage									(:15) ♀ Love Me or Leave Me		
TNT	(4:15) 👯★★	★ Dune ('21	1)			f (N) (Live) Basketball Milwaukee Bucks at Memphis Grizzlies (N)					() (-)		TBA
USA	Law & Order: SVU		Law & Order: SVU		**★★★ Avengers: Age of Ultron ('15) Robert Downey Jr						Law & Order: SVU L		Law-SVU

SPORTS STUMPERS

Super Bowl MVPs

By Alex Hendry

Questions:

- 1) Every Super Bowl, one player stands above the rest and make history as the game's Most Valuable Player (MVP). Who was the inaugural recipient of this award?
 2) Only one player in NFL history has been named Super Bowl MVP five times. Who is he?
- 3) Name this MVP-winner, who guaranteed a victory for his team prior to Super Bowl III.
- 4) Who is the only Super Bowl MVP to have been born in South Korea?
- 5) It's been a while since the defense got some attention, in fact Super Bowl 50 was the last time a defensive player took home the MVP trophy. Who was this pass-rushing recipient?
- 6) Which wide receiver made history by being the first at his position to be named Super Bowl MVP?
- 7) Name the duo that made history on the field and in the record

books - when they became the only pair to be named co-winners of the Super Bowl MVP.

- 8) The only Special teams player to be named Super Bowl MVP is also a former Heisman Trophy winner. Who is he?
- 9) Who are the only two brothers in NFL history to have both been named Super Bowl MVP?
- 10) It may not be a Lombardi Trophy, but it's still an honor who is the only Super Bowl MVP to have played for the losing team?

Answers:

- 1) Bart Starr
- 2) Tom Brady
- 3) Joe Namath
- 4) Hines Ward
- 5) Von Miller
- 6) Lynn Swann
- 7) Harvey Martin and Randy White
- 8) Desmond Howard
- 9) Peyton and Eli Manning
- 10) Chuck Howley (Dallas Cowboys, Super Bowl V)



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ATLANTIC COUNTY

The Last Days of the Midnight Ramblers by Sarah Tomlinson

In this upcoming debut, perfect for fans of Daisy Jones & the Six, one ghostwriter uncovers the past of an iconic rock band, whose lives were gripped by murder, betrayal, suspicion and a legacy that will go down in history.

Anke Berben had romances with all three members of the Midnight Ramblers. With an inside knowledge of the inner workings of the band, their appeal, mystique and drama, she knows about their dark past — the death of the band's founder, who was Anke's husband. Now, Anke is ready to tell the truth with the help of Mari Hawthron, a ghostwriter desperate to uncover the secrets of this death. Immersed in the world of these musicians, Mari finds herself getting lost in their stories, compelled by the magic of the music and legacy they created. Can she stay unbiased and grounded in the present long enough to discover the truth of what happened all those years ago, in 1969?

Fireflies and Zeroes by Liz Larson

Max, the leader and songwriter of a three-person pop-punk band goes missing on the eve of their reunion tour in Charlottesville, Virginia. Just six months earlier, the explosive racial violence of August 12, 2017 rocked the city and dominated the news. Two band members reckon with the dark past of their home, a once-Confederate city, while their reunion tour turns deadly. After a scuffle in the dark, one person is dead.

No one knows where their bandmate Max is, and ominous signs suggest he isn't safe. Soon, it is a race against time to rescue a beloved band member in this punk portrait of music and a Southern town. Fireflies and Zeroes suggests a hope of resolving our past as it explores the lasting impact of a bloody and divisive war that ended over a century and a half ago.

Books About Musicians Reckoning with a Complex Past

Mayluna by Kelley McNeil

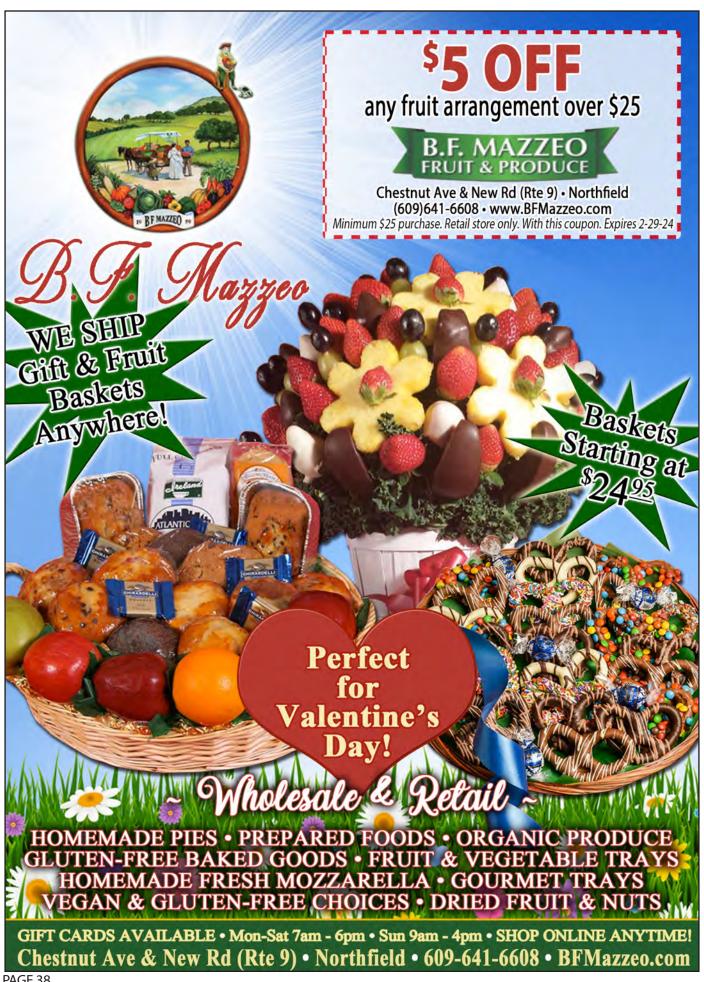
The 90's English alt-rock band, Mayluna, led by the legendary Carter Wills put out music that rocked the world with angsty, emotional songs of love and heart-break. Who were all of these songs about? And what compelled Carter to write music about her for a generation of fans?

Evie Waters' children find a magazine-printed photo of rockstar Carter Willis next to a younger version of their mother. As a music journalist in the 90s, Evie started her career interviewing musicians, lingering backstage, and connecting with one handsome young musician destined for success... For fans of Mayluna, there has been a long-standing question about what could have gone wrong between the two. Between decades-ago interviews and present-day revelations, Evie and Carter reveal a love story powerful enough to change music history, as they try to come to terms with a past that is simply that — past.

Windy City Blues by Renée Rosen

From 1947 to 1969, Windy City Blues sounds with the rhythms of the music of Chicago, the beats of racial tension, of women's struggles for independence, and of the difficulties of immigrants trying to succeed in a new country. Rooted in the real and legendary blues recording studio, Chess Records, the story follows Red Dupree as he tries to make it big as a blues guitarist.

Leeba Groski is a young woman whose Orthodox Jewish family wants to keep her sheltered — a past she is trying to break free from. So when her responsibilities at Chess Records grow, she develops her own talent for songwriting and struggles to circumvent the airwaves that are dominated by male singers. Soon, Red and Leeba fall in love, though an interracial relationship in the 1950s brings out the uglier side of Chicago. The pair become involved first with the Freedom Riders and then the Civil Rights Movement, as they try to right the wrongs of the past and build a future that has room for a female songwriter and a Black musician.





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