

# ATLANTIC

## County Magazine

JANUARY 13, 2023

Entertainment • Attractions • Dining • TV Listings

**FREE**



**Angeloni's II**

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**Seashore Gardens  
Living Center**

Page 10



**Jersey Architectural  
Door & Supply Co**

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**Immortalize  
Your Pet**

Page 28



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**'ROUND THE REGION  
with Sharon**



By Sharon Harris-Zlotnick

Hello South Jersey:

**TEST YOUR SMARTS**

There is a good reason Jeopardy has remained one of television's most beloved shows for more than 50 years. The format may have changed slightly and the sets are more sophisticated, but the premise is the same...how much do you know and what can you answer under pressure?

You may not make it to Los Angeles to play on camera, but you can test your knowledge every Wednesday night at the Atlantic City Country Club in Northfield. The Taproom Bar & Grille hosts the weekly Quizzo night, starting at 6 p.m. Just show up to play.

**MAKE SUPER BOWL A FULL  
DAY OF EXCITEMENT AND FUN**

Super Bowl is a day like no other. The excitement and suspense of who will compete and win, after a hard-fought 18 weeks of play and multiple post-season games, is electric. Norman and I? Of course, we're rooting for the Eagles.

You can now have a great time and financially help South Jersey residents who need some financial assistance. The Chief Arthur R. Brown, Jr. Memorial Scholarship Foundation's 31st Annual Super Bowl Pre-Party will take place on Super Bowl Sunday, February 12, from 2 p.m.-6 p.m. at Dock's Oyster House in Atlantic City. Hosted by former State Senator/Assemblyman Chris Brown, the \$20 ticket includes a buffet, a free mug with \$1.00 beverage refills and door prizes.

Tickets may be purchased at the door. The afternoon promises to be a great time for a good cause and you can still be home for kickoff at 6:30 p.m., no matter who plays. Proceeds benefit the Brown Foundation, which to date has awarded almost \$400,000 in scholarships and financial aid to South Jersey residents. Several charities to share in the proceeds include the SPCA, Boys & Girls Club of AC, Dorrington Ice Hockey Foundation, Vest-A-Cop, Hackney Swim, Atlantic County Chapter of Vietnam Veterans of America and the A.C.B.P. Classic boat races.

Established in 1992, the Foundation honors, former Chief of the Atlantic City Beach Patrol Arthur R. Brown, Jr. Its mission is to provide scholarship tuition and other assistance to deserving local individuals and organizations, based on scholastic achievement and demonstrated financial need.

**HELD OVER FOR  
SUNDAY SHOWS**

If you missed the Hard Rock's Dance to the Music, a 60's Celebration revue, no worries. It has proven so popular that the Hard Rock has held it over every Sunday afternoon, live at 4 p.m. in the Sound Waves Theater.

Whether your favorites from that era are Motown, the British Invasion that began with the Beatles in 1964 or the early '60s beach and car songs from groups like the Beach Boys, there is something for you. Sing, dance or tap your feet in rhythm as great singers, dancers or musicians perform huge hits from iconic performers like Aretha Franklin, the Rolling Stones, Michael Jackson and Elvis Presley.

Much of the late '60s music featured anti-war and social cause themes. Janis Joplin, who died of a drug overdose, reflected that culture. As the psychedelic/hippie era closed the decade, so the "Age of Aquarius" closes the show.

Tickets start at \$25 at [hardrockhotelatlanticcity.com](http://hardrockhotelatlanticcity.com).

**CHANGE YOUR LIFE  
IN THE NEW YEAR**

The new year symbolizes new beginnings, so if you are considering a career or job change or upgrade, now is the perfect time to set those plans in motion. The Ideal Institute of Technology (IIT) is a good place to start.

The Pleasantville, Atlantic County career college focuses on necessary skills for success in numerous industries. Students are paid while attending the program and actually working. The philosophy is that IIT students should "earn while they learn," regardless of the industry. Practical experience includes a paid internship.

Three key goals define the school's mission:

- To provide hands-on technology training that would lead to long-term employment.
- To provide educational opportunities to the underemployed and unemployed in Atlantic City and the surrounding areas.
- To provide job placement assistance through job readiness training.

Types of industries include administration, accounting, business and technology, advance manufacturing, construction and entrepreneurship. As a thank-you for their service, IIT is emphasizing its 2023 efforts for Veterans Career Development.

Ideal Institute of Technology facility tours and interviews are available. Visit [www.iitnj.org](http://www.iitnj.org) for more details.

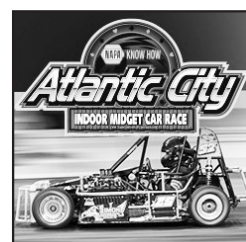
**FUN ON THE BOARDWALK**

Atlantic City's historic Boardwalk Hall has a full calendar of entertainment coming up throughout the winter. Enjoy fun musical and sporting events almost every



weekend. All tickets are available through [www.ticketmaster.com](http://www.ticketmaster.com).

Most events are in the evenings, but a few have multiple times. Check the website carefully. After enjoying the events, why not have an early or late meal at one of the many dining options listed here in this issue.



Indoor Auto Racing-  
1/27 and 1/28

Katt Williams-  
2023 and Me Tour- 2/11

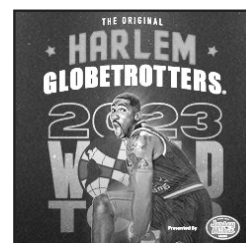
Marc Anthony Viendo Tour- 2/18

Harlem Globetrotters- 2/20  
NJSIAA State Wrestling  
Championships- 3/2-3/4

2023 MAAC Basketball  
Championships- 3/7-3/11

Journey with Special Guest  
TOTO- 3/17

New Edition: Legacy Tour- 3/18



**FEEDBACK FROM YOU**  
I would love to hear your ideas/suggestions. Email [atlanticcountymagazine@comcast.net](mailto:atlanticcountymagazine@comcast.net). In the subject line, put **FEEDBACK FOR SHARON** and it will be forwarded.

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# TV CHALLENGE



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. Ocean paintings
8. Puncture
9. Whitman or Disney
10. Campfire treat
14. Laura or Bruce
15. Freezing cold
16. 90 degrees from NNW
17. Wasp nest location
18. TV's "\_\_\_ and Stacey"
19. Gwynne or Savage
20. Indonesia's main tourist destination
24. Tongue depressor response
27. Prince William's alma mater
28. Defunct airline
29. Word attached to coat or nut
32. Chess piece
33. Clever ringleaders
36. Drop \_\_\_; visit unexpectedly
37. \_\_\_ with; support
38. Attached dwellings

## DOWN

1. Go on a hunger strike
2. Merited
3. Stomach muscles
4. Out of town

5. Chum
6. Actress Burstyn
7. Pebble
8. Lipstick mishap
11. Common greeting
12. Mariah's initials
13. Get hitched
14. ABC followers
20. Sanders or Mac
21. Quarreling
22. Baggy
23. Tattoo parlor supply
24. Quick cash source
25. Expect
26. "The emperor \_\_\_ clothes!"
29. \_\_\_ State; one of the Big Ten schools
30. Hesitater's syllable
31. Morning, for short
34. Disabled car's need
35. Suffix for hero or tour



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[www.gildasclubsouthjersey.org](http://www.gildasclubsouthjersey.org)



## WORD SEARCH

W F B I S O V W H E B W O E V  
T A L W A L K A R R A H C O A  
A U E F E A G H X P Y I W L H  
L Q L A R R O Q U E T T E I N  
A R I R O A E T E S Y I G V L  
W A M R S F D W U Q L D Z I A  
S K L A Q U E J O H W E L A C  
O Q K I N A B E C Q V A D W R  
D C U G A H E U K U Z L L K E  
D E B N F Q A B B Y X I S U T  
B S F M W R U T O F E S Q M T  
A Z D E R B F E T N R T H I A  
L V D N I T O N W A G I C W N  
L D J T G U R G S F N C R A R  
S A C O Q E T W A R O D D E G

**"Night Court" on NBC**  
(Words in parentheses not in puzzle)

|                |                     |                     |
|----------------|---------------------|---------------------|
| Abby (Stone)   | (Melissa) Rauch     | Manhattan           |
| Dan (Fielding) | (John) Larroquette  | Arraignment (Court) |
| Olivia         | (India) de Beaufort | Idealistic          |
| Neil           | (Kapi) Talwalkar    | Justice             |
| Gurges         | Lacretta            | Oddballs            |

# HOROSCOPE

JANUARY 11 - JANUARY 18, 2023

**ARIES** (Mar. 21-April 20)

Now is the time to concentrate on building a strong financial future for your family. Don't even bother trying to get their approval on the things you want to do. Travel and educational pursuits may help alleviate the stress you have been feeling. Spend some time with the one you love. Pleasure trips will be satisfying.

**TAURUS** (Apr. 21-May 21)

Get them to pitch in, if you need help. You can make career moves that will bring you a much higher income. Take time to look at any outdated papers or possible investments. Confusion could result when communicating with others.

**GEMINI** (May 22-June 21)

Your family may not be pleased with your decisions. Your ideas are good and career moves can be realized. Get out and rub shoulders with people in high positions if possible. Be cautious handling tools, machinery, or dangerous objects.

**CANCER** (June 22-July 22)

Entertainment should include the whole family or a lot of your friends. You will be tempted to shop till you drop. It might be time for you to take a quantum leap from one career to another. Don't let an incident at work play on your mind.

**LEO** (July 23-Aug 22)

You need to make your lover feel wanted, not like a piece of the furniture. You may be more emotional than usual. This will not be the best day to sign deals or to take care of other people's financial matters. Someone you live with is ready to play emotional games.

**VIRGO** (Aug. 23-Sept. 23)

Emotional upset at work will set you back. Turn your present relationship around or start a new one. Someone you work with could try to undermine you. You might find that the extra cash will come in handy when an opportunity to invest comes along.

**LIBRA** (Sept. 24-Oct. 23)

You will be able to dazzle others with your obvious charm and your outgoing nature. You will get out of shape easily if you don't keep on top of things. A residential move may be necessary to get a better job. Don't be angry, but be on your guard.

**SCORPIO** (Oct. 24 - Nov. 22)

Make alternate plans just in case you need to make a career shift. Your emotional state will vacillate. You will have to control the way you feel. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts.

**SAGITTARIUS** (Nov. 23-Dec. 21)

Underhandedness will affect your reputation. Get back down to earth and to basics. Try to curb your habits, or you could find yourself in an awkward financial position. Business trips might prove unproductive.

**CAPRICORN** (Dec 22 - Jan. 20)

This is not the time to lend or borrow money or possessions. Trips will be favorable for business as well as pleasure. Don't neglect these problems; deal with them once and for all, then move on to more pleasurable tasks. You may feel that someone at work is holding you back.

**AQUARIUS** (Jan. 21-Feb. 19)

You'll look guilty if you don't lay your cards on the table. Romance will develop through work related activities. Relationships will be erratic this week. Your greatest gains will come through your creative ideas.

**PISCES** (Feb. 20-Mar. 20)

Your questions will help you ferret out secret information. Pleasure trips will turn out to be better than anticipated. You are best to put in some overtime rather than get involved in family gatherings. Things have been moving so quickly that you need to do something physical to release your tension.

Horoscopes Provided by: [astrology-online.com](http://astrology-online.com)



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# HEALTHFUL LIVING

## A Weekly Guide to Health Awareness

### YOGA POSE OF THE WEEK - Low Lunge

The alignment of your lunge is super important. Try to make a right angle with your front leg so that your knee is directly over your ankle and your thigh is parallel to the floor. At the same time, keep your hips level and energize your back leg. Many people don't go deep enough into the front leg and sag in the back leg. Glance in the mirror to make sure you're getting it right. To modify, place your hands on blocks and/or lower your back leg to the mat (with a blanket or towel as needed for cushioning).

Many people get tight hip flexors from sitting for long periods, as when at a desk, in a vehicle, or while watching television. Others may do so from sports, which can result in tight hip muscles. The standing lunge stretch helps to lengthen these muscles and provide better flexibility and range of motion.

#### STANDING LUNGE

#### FORM

Keep your hips square and your chest open. Don't let your knee bend past your toes.



### VITAMIN HIGHLIGHT - Folate

Folate is a B-vitamin that is naturally present in many foods. Your body needs folate to make DNA and other genetic material. Your body also needs folate for your cells to divide. A form of folate, called folic acid, is used in fortified foods and most dietary supplements. Folate is naturally present in:

Beef liver, asparagus, brussels sprouts, and dark green leafy vegetables such as spinach and mustard greens, oranges, nuts, beans, and peas (such as peanuts, black-eyed peas, and kidney beans).

### MENTAL HEALTH CHECK-IN

What clutter can you clean in your home?  
What clutter can you clean from your mind?

### TREATMENT SERVICES

In an emergency, please dial 911.

NJ Hope Line: 855-654-6735 • [njhopeline.com](http://njhopeline.com)

ReachNJ: 844-732-2465 • [reachnj.gov](http://reachnj.gov)

IME Addictions Access Center: 844-276-2777

NJ Connect for Recovery: 855-652-3737

[njconnectforrecovery.org](http://njconnectforrecovery.org)

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

NJ Mental Health Cares: 866-202-HELP (4357)  
[njmentalhealthcares.org](http://njmentalhealthcares.org)

Council on Compulsive Gambling of NJ:  
800-GAMBLER (426-2537) • [800gambler.org](http://800gambler.org)

Veterans Counseling Hotline: 866-VETS-NJ4  
(838-7654) • [njvet2vet.com](http://njvet2vet.com)

National Domestic Violence Hotline:  
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**ATLANTIC**  
*County Magazine*  
[www.atlanticcountymagazine.com](http://www.atlanticcountymagazine.com)

**CHILDREN OF THE WEEK**



THE POLAR EXPRESS

**MADDOX, MILLER & MCCOY**

Maddox, Miller, and McCoy hope everyone had Happy Holidays and a Happy New Year. These brothers love to eat at Vic's Subs in Absecon. Check out their ad on page 34.

## Now welcoming new residents!






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**FRIDAY  
JANUARY 27TH 6PM**

## BEST SPORTS BAR IN TOWN SUPER WILD CARD WEEKEND

| SATURDAY                               | SUNDAY                                 | MONDAY                                      |
|----------------------------------------|----------------------------------------|---------------------------------------------|
| <br><b>SEA vs SF</b><br>4:35PM+   FOX  | <br><b>NIA vs BUF</b><br>1:05PM+   CBS | <br><b>DAL vs NYG</b><br>8:15PM+   ESPN/ABC |
| <br><b>LAC vs JAX</b><br>8:15PM+   NBC | <br><b>NYJ vs HOU</b><br>4:40PM+   FOX | <br><b>BAL vs CIN</b><br>8:15PM+   NBC      |

WILD CARD  
verizon



### SUNDAY NFL GAMES

**\$2.50**

BUD & BUD LIGHT DRAFTS

**\$4**

KONA "BIG WAVE" GOLDEN ALE &  
GOLDEN ROAD "MANGO CART" WHEAT ALE  
DRAFTS

**\$30**

"PICK 6" NUTRL BUCKETS

Mix & Match 6  
NUTRL Pineapple and Watermelon,  
Vodka, Bourbon, Real Juice

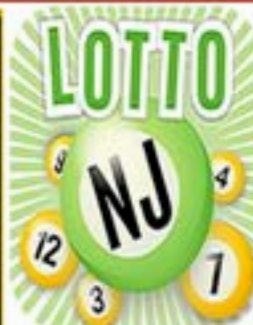


**HAPPY HOUR**

WEDNESDAY - FRIDAY  
THRU 5:00 PM

|                                                                                         |                                   |                                                                                         |
|-----------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------------------------|
| <b>\$2</b>                                                                              | <b>\$2</b>                        | <b>\$8</b>                                                                              |
| <b>SHRIMP &amp; CHILI</b><br>Shrimp, Cajun Sauce, Rice, Beans, Avocado, Onion, Cilantro | <b>BUD &amp; BUD LIGHT DRAFTS</b> | <b>MAKING DRINKS</b><br>FRESHLY MIXED                                                   |
| <b>WAGON WHEEL</b><br>Burger, Cheese, Onion, Ketchup, Mustard, Pickles                  | <b>BUD &amp; BUD LIGHT DRAFTS</b> | <b>TRIPLE BURGERS</b><br>Burger, Cheese, Onion, Ketchup, Mustard, Pickles               |
| <b>BURRITO</b><br>Burger, Cheese, Onion, Ketchup, Mustard, Pickles                      | <b>BUD &amp; BUD LIGHT DRAFTS</b> | <b>SHRIMP &amp; CHILI</b><br>Shrimp, Cajun Sauce, Rice, Beans, Avocado, Onion, Cilantro |
| <b>SHRIMP &amp; CHILI</b><br>Shrimp, Cajun Sauce, Rice, Beans, Avocado, Onion, Cilantro | <b>BUD &amp; BUD LIGHT DRAFTS</b> | <b>MAKING DRINKS</b><br>FRESHLY MIXED                                                   |

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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

### Dr. King Read-In at the Atlantic City Free Public Library January 14th

Special guests are scheduled to read some of Dr. King's writings. Selections will include: "I Have a Dream", "Letter From a Birmingham Jail" and "I've Been to the Mountaintop."

## ATLANTIC CITY FREE PUBLIC LIBRARY'S DR. KING READ-IN



SATURDAY, JAN. 14, 2023,  
FROM 1-3 P.M.

ATLANTIC COUNTY ATRIUM

SPECIAL GUESTS WILL READ STORIES AND SPEECHES  
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2023

## ENTERTAINMENT A.C.

2023

### BOARDWALK HALL:

1/27 & 28 - INDOOR AUTO RACING  
1/15 - ALL STARS OF HIP HOP  
2/11 - KATT WILLIAMS - 2023 AND ME TOUR  
2/18 - MARC ANTHONY  
2/20 - HARLEM GLOBETROTTERS

### HARD ROCK:

2/10 & 11 - MÖTLEY CRÜE & DEF LEPPARD  
2/16-18 - BILLY STRINGS  
2/19 - VALENTINE'S SOUL JAM  
3/4 - SOUL II SOUL TOUR

### CAESARS:

2/25 - ATLANTIC CITY BALLET PRESENTS: CARMINA BURANA  
3/11 - PATTI LABELLE  
3/26 - ATLANTIC CITY BALLET PRESENTS: MIDSUMMER NIGHT'S DREAM

### BORGATA:

1/15 - ROB THOMAS  
1/28 - WHITNEY CUMMINGS  
2/3 - CHRIS ROCK  
2/18 - JOHN PIZZI  
2/24 - SAM MORRIL  
2/25 - EDDIE B.  
3/3 - SMOKEY ROBINSON  
3/10 - JO KOY AND FRIENDS  
3/31 - KENNY WAYNE SHEPHERD

### GOLDEN NUGGET:

4/22 - FRANKIE AVALON

### OCEAN RESORT:

2/4 - SARAH SILVERMAN  
2/11 - THERESA CAPUTO  
2/17 - BUSH  
2/18 - KOOL & THE GANG  
2/25 - ELVIS COSTELLO

### TROPICANA:

3/18 - BLUES IS ALRIGHT TOUR  
3/25 - CHAKA KHAN



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**CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE**  
**CHESAPEAKE CRAB MAC - N - CHEESE**

**INGREDIENTS:**

- 1 lb Cooked Cavatappi Pasta
- 1 lb Lump Crab Meat
- 1 (15 oz) Can Queso Cheese
- 1 cup Milk
- 4 oz Smoked Gruyere Cheese
- 2 Tbsp Old Bay Seasoning
- 1 tsp Sriracha Sauce
- 1/2 cup Panko Bread Crumbs
- Salt to Taste

**PREPARATION:**

Preheat oven to 350°. In a pot, slowly heat queso, milk, gruyere, old bay, sriracha and salt. After mixture is smooth, fold in pasta and crab. Grease an oven pan with butter. Pour mixture into the pan. Sprinkle bread crumbs on top and bake until golden brown. Serve & Enjoy! Hint: You may not want to add salt because old bay is already salty. Taste before adding salt.



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**Thursday, Jan. 12**

**9PM • WHEN HARRY  
MET SALLY**

**Friday, Jan. 13**

**9PM • GRAN TURINO**

**Saturday, Jan. 14**

**1PM • GRAN TURINO  
4PM • FOOTBALL  
8PM • FOOTBALL**

**Sunday, Jan. 15**

**1PM • FOOTBALL  
4PM • FOOTBALL  
8PM • FOOTBALL**

**Monday, Jan. 16**

**5:30PM • GRAN TURINO  
8PM • FOOTBALL**

**Tuesday, Jan. 17**

**7PM • GRAN TURINO**

**Wednesday, Jan. 18**

**6PM • GRAN TURINO  
9PM • GRAN TURINO**

**Thursday, Jan. 19**

**9PM • GRAN TURINO**

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## FRIDAY EVENING

**JANUARY 13, 2023**

|                | 6:00                             | 6:30                   | 7:00                                              | 7:30     | 8:00                                             | 8:30                                   | 9:00                                     | 9:30             | 10:00                                  | 10:30             | 11:00               | 11:30   | 12:00              |
|----------------|----------------------------------|------------------------|---------------------------------------------------|----------|--------------------------------------------------|----------------------------------------|------------------------------------------|------------------|----------------------------------------|-------------------|---------------------|---------|--------------------|
| <b>3-CBS</b>   | News                             | CBS                    | Inside Ed.                                        | ET       | S.W.A.T. "Witness"                               |                                        | Fire Country                             |                  | Blue Bloods                            |                   | News                |         | Late Show-Colbert  |
| <b>6-ABC</b>   | News                             | ABC                    | Jeopardy!                                         | Wheel    | Shark Tank                                       |                                        | 20/20 (In Stereo)                        |                  |                                        |                   | News                |         | Jimmy Kimmel Live! |
| <b>10-NBC</b>  | News                             | NBC                    | News                                              | Holly    | Lopez vs                                         | Rock                                   | Dateline NBC (In Stereo)                 |                  |                                        |                   | News                |         | Tonight Show       |
| <b>17-MNT</b>  | Gold                             | Big Bang               | Big Bang                                          | Gold     | Mod Fam                                          | Mod Fam                                | Friends                                  | Friends          | Action News at 10                      |                   | Seinfeld            | Two Men | Two Men            |
| <b>23-PBS</b>  | NJ Spotl                         | Newsline               | One/One                                           | NJ Spotl | River                                            |                                        | Midsomer                                 | Midsomer Murders | Mike                                   |                   | NJ Spotl            | One/One | World              |
| <b>29-FOX</b>  | The Six                          | Props                  | TMZ                                               | You Bet  | WWE Friday Night SmackDown                       |                                        | News                                     | Special          | News                                   | Feed              | Extra               |         |                    |
| <b>57-CW</b>   | FamFeud                          | FamFeud                | FamFeud                                           | FamFeud  | Penn & Teller                                    |                                        | Whose?                                   | Whose?           | News Philly                            |                   | Law & Order: SVU    |         | Neighbor           |
| <b>A&amp;E</b> | The First 48                     |                        | The First 48                                      |          | The First 48                                     |                                        | The First 48                             |                  | The First 48                           |                   | The First 48        |         | First 48           |
| <b>AMC</b>     | (5:15) *** "Point Break" (1991)  |                        |                                                   |          | ***½ "Days of Thunder" (1990) Tom Cruise.        |                                        |                                          |                  | ** "Road House" (1989) Patrick Swayze. |                   |                     |         |                    |
| <b>CNN</b>     | Situation Room                   |                        | E. B. OutFront                                    |          | Anderson Cooper                                  |                                        | Anderson Cooper                          |                  | CNN Tonight                            |                   | CNN Tonight         |         | AC 360             |
| <b>DISC</b>    | Gold Rush                        |                        | Gold Rush: Pay Dirt                               |          | Gold Rush "The Last Frontier"                    |                                        |                                          |                  | Gold-Videotape                         |                   | Gold Rush: F. Dodge |         | Gold               |
| <b>DISN</b>    | Hamster                          | "Chipmunks-Squeakquel" |                                                   |          | Bunk'd                                           | ***½ "Aladdin" (2019) Will Smith. 'PG' |                                          |                  | Bunk'd                                 |                   | Bunk'd              | Jessie  | Jessie             |
| <b>ESPN</b>    | SportsCenter                     |                        | NBA                                               |          | NBA Basketball: Warriors vs Spurs                |                                        |                                          |                  | NBA Basketball: Nuggets at Clippers    |                   |                     |         |                    |
| <b>ESPN2</b>   | Women's College Gymnastics       |                        | Women's College Gymnastics                        |          | College Basketball VCU at Dayton.                |                                        |                                          |                  | SportsCenter                           |                   | SportCtr            |         |                    |
| <b>FNEWS</b>   | Special Report                   |                        | Jesse Watters                                     |          | Tucker Carlson                                   |                                        | Hannity (Live)                           |                  | The Ingraham Angle                     |                   | Gutfeld!            |         | Fox News           |
| <b>FX</b>      | "The Proposal"                   |                        | ***½ "The Martian" (2015) Matt Damon. (In Stereo) |          |                                                  |                                        |                                          |                  | ***½ "The Martian" (2015) Matt Damon.  |                   |                     |         |                    |
| <b>HBO</b>     | ** "Reminiscence" (2021) 'PG-13' |                        |                                                   |          | *** "The Menu" (2022) Ralph Fiennes.             |                                        |                                          |                  | "Conjuring: Devil Made Me"             |                   | ***½ "Malignant"    |         |                    |
| <b>HIST</b>    | Ancient Aliens                   |                        | Ancient Aliens                                    |          | Ancient Aliens                                   |                                        | Ancient Aliens                           |                  | Proof-There                            |                   | Ancient Aliens      |         | Aliens             |
| <b>ION</b>     | Hawaii Five-0                    |                        | Hawaii Five-0                                     |          | Hawaii Five-0                                    |                                        | Hawaii Five-0                            |                  | Hawaii Five-0                          |                   | Hawaii Five-0       |         | Hawaii             |
| <b>LIFE</b>    | Castle                           |                        | Castle "Boom!"                                    |          | *** "The Devil Wears Prada" (2006) Meryl Streep. |                                        |                                          |                  | "College Professor Obsession"          |                   |                     |         |                    |
| <b>MAX</b>     | "Alpha                           | *** "Nobody" (2021)    |                                                   |          | ** "Lara Croft: Tomb Raider"                     |                                        | "Lara Croft Tomb Raider: Cradle of Life" |                  | "One for the Money"                    |                   |                     |         |                    |
| <b>NBCSPA</b>  | Birds                            | Football               | High School Football                              |          | All-American Bowl.                               |                                        |                                          |                  | Birds                                  |                   | The Best Show Ever? |         |                    |
| <b>NICK</b>    | SpongeBob                        |                        | The Tidal Zone                                    |          | Big Nate                                         | Sponge.                                | Sponge.                                  | Friends          | Friends                                | Friends           | Friends             | Friends | Friends            |
| <b>PARMT</b>   | Two Men                          | Two Men                | Two Men                                           | Two Men  | *** "The Town" (2010) Ben Affleck. (In Stereo)   |                                        |                                          |                  | ***½ "American Sniper"                 |                   |                     |         |                    |
| <b>TBS</b>     | Sheldon                          | Sheldon                | Sheldon                                           | Sheldon  | ** "Tyler Perry's Madea Goes to Jail"            |                                        | "Tyler Perry's Madea's Big Happy Family" |                  | "Madea                                 |                   |                     |         |                    |
| <b>TCM</b>     | (5:45) "The Alphabet Murders"    |                        | MGM                                               |          | "Smart Blonde"                                   | ** "Fly-Away Baby" (1937)              |                                          | "Adventurous"    |                                        | "Blondes at Work" |                     |         |                    |
| <b>TNT</b>     | (5:00) ***½ "Greenland"          |                        | ***½ "Jurassic World" (2015) Chris Pratt.         |          |                                                  |                                        | All Elite Wrestling                      |                  | ***½ "Greenland" (2020)                |                   |                     |         |                    |
| <b>USA</b>     | 9-1-1                            | 9-1-1 (DVS)            | 9-1-1 (DVS)                                       |          | 9-1-1 (DVS)                                      |                                        | 9-1-1 (DVS)                              |                  | 9-1-1 "Dumb Luck"                      |                   | 9-1-1 "May Day"     |         |                    |



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.

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

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- Write Everything Down.
- Stay Consistent.
- Find Commonalities.
- Think About How You're Feeling.
- Be Honest.
- Take an At-home Food Sensitivity Test.
- Print Out a Food Sensitivity Tracker.

**my food journal** Date: \_\_\_\_\_

|           | protein | carbs | fat | fiber | vitamins | minerals | water |
|-----------|---------|-------|-----|-------|----------|----------|-------|
| breakfast |         |       |     |       |          |          |       |
| lunch     |         |       |     |       |          |          |       |
| dinner    |         |       |     |       |          |          |       |
| snack     |         |       |     |       |          |          |       |

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## ATLANTIC COUNTY CALENDAR

### ATLANTIC CITY

**Jan. 27 & 28 - INDOOR AUTO RACING**  
Jim Whelan Boardwalk Hall

The Indoor Auto Racing Series returns to Jim Whelan Boardwalk Hall for another year of high-speed excitement.

The weekend will feature a first ever "Double Down" schedule, with two main events and two Gambler's Classic Cup trophies being handed out, one on Friday night and another on Saturday night.



**Feb. 4 - ATLANTIC CITY WING FEST**  
Golden Nugget

This all-you-can-eat wing festival will allow you to taste wings from 15 - 20 South Jersey restaurants. Vote for your favorite and see who wins - Saturday, February 4, 2023 at the Grand Ballroom at the Golden Nugget Atlantic City

**Feb. 20 - THE HARLEM GLOBETROTTERS 2023 WORLD TOUR**  
Jim Whelan Boardwalk Hall

Time: 1:00 PM  
TICKET PRICES: \$15+

The Harlem Globetrotters 2023 World Tour presented by Jersey Mike's Subs is coming to Jim Whelan Boardwalk Hall in Atlantic City with a game like never before! Your favorite Globetrotter stars are bringing out their amazing basketball skill, outrageous athleticism and a non-stop LOL good time. Join the Globetrotters as they go head-to-head against the Washington Generals who will stop at nothing to try and defeat the world's winningest team!







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# ATLANTIC County Magazine

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Each year on the third Monday of January we observe Martin Luther King Jr. Day and reflect on the work that still needs to be done for racial equality. This January 16, make the holiday more than just a day off and take time to reflect and take action on civil rights issues across the globe.

#### MLK DAY STATS

• **6,000,000 Signatures** - Six million signatures were collected for a petition to Congress to pass the law making Martin Luther King, Jr. Day a federal holiday. A petition only needs 150 signatures in order to be searchable within the White House database. To cross the second threshold and require a response, a petition must reach 100,000 signatures within 30 days. Stevie Wonder helped to achieve this feat by releasing his iconic single 'Happy Birthday,' raising awareness of the fact that there should be a day commemorating Dr. King's life and questioning why people in power would be opposed to celebrating someone fighting for peace and justice.

• **250,000 March on Washington** - During the March on Washington for Jobs and Freedom, Dr. King delivered his famous "I Have A Dream" speech on the steps of the Lincoln Memorial. The demonstration was attended by more than 250,000 people. Though many people are familiar with the famous speech, very few know that the iconic "I have a dream" portion was entirely improvised. If you watch the video of King giving the speech, you'll notice for the first 2-3 minutes, he's reading the speech prepared for him. But at some point, King pauses. Within this pause, the gospel singer and King's good friend Mahalia Jackson yells out, "Tell'em about the dream!" At this moment, Reverend King took his crowd to church, as he preached to a diverse crowd of supporters his dream for a better and non-violent future.

• **25,000 March from Selma** - The Selma March, also referred to as the Selma to Montgomery March, was a political march from Selma, Alabama to the state's capital, Montgomery, occurring from March 21 to 25 in 1965. Led by Martin Luther King, Jr., the march was the culminating event of several emotional weeks during which demonstrators twice attempted to march but were stopped, once violently, by local police. 25,000 people participated in the roughly 50-mile march. These events became a landmark in the American civil rights movements and directly led to the passage of the Voting Rights Act of 1965.

#### 5 LESSER-KNOWN FACTS ABOUT MARTIN LUTHER KING, JR.

1. His birth name was Michael - The civil rights leader was given the name Michael King Jr at birth – later, his father changed his own name as well as of his son to Martin Luther, after the Protestant Reformation leader.
2. King started college at the age of 15 - King skipped grades 9 and 12 and enrolled at Morehouse College in 1944.
3. 'I Have a Dream' was not his first speech - Six years before his iconic speech at Lincoln Memorial, King spoke during the Prayer Pilgrimage for Freedom in 1957.
4. King was imprisoned a lot - According to the King Center, Martin Luther King, Jr. went to jail 29 times.
5. His last public speech foreshadowed his death - In his last speech the night before he was assassinated, King said, "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now, I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land."

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## This Week's Weather

**THURSDAY,  
JANUARY 12**  **HIGH 55  
LOW 39**

**FRIDAY,  
JANUARY 13**  **HIGH 55  
LOW 37**

**SATURDAY,  
JANUARY 14**  **HIGH 45  
LOW 32**

**SUNDAY,  
JANUARY 15**  **HIGH 45  
LOW 30**

**MONDAY,  
JANUARY 16**  **HIGH 46  
LOW 34**

**TUESDAY,  
JANUARY 17**  **HIGH 52  
LOW 39**

**WEDNESDAY,  
JANUARY 18**  **HIGH 52  
LOW 41**

## NATIONAL FRESH SQUEEZED JUICE DAY – JANUARY 15, 2023

National Fresh Squeezed Juice Day is celebrated on January 15. It is an ode to the restorative properties of fresh and natural fruit and vegetable juices, and a reminder for us to include it more often in our diet. Fresh-squeezed juice can be more delicious, and for some of us, an easier way of consuming vitamins and minerals.

### HISTORY OF NATIONAL FRESH SQUEEZED JUICE DAY

The first occurrence of this holiday and its advocates are unknown. The word 'juice' itself comes from Old French. The words 'jus,' 'juis,' or 'jouis' refer to the liquid obtained from boiling herbs. In many other cultures and civilizations, it referred to other liquids such as broths, soups, or even sauces. In the 14th century, juice was recorded as "the watery part of fruits or vegetables," bringing it into alignment with the current meaning of the word. However, the meaning further changed through the ages, coming to mean liquor in the 19th century. It was even recorded as being used as a term for electricity in the same period.

The term reverted to meaning the liquid extracted from fruits and vegetables when the juicer was invented in the 1930s by Norman Walker. Walker was born in Italy and moved to New York in 1910. Upon becoming seriously ill, he consulted William Baum, a chiropractor and physical therapist, who recommended he switch to a raw vegetarian diet. This is when he invented an innovatively engineered juicer that is still in demand today. He even founded the Norwalk Laboratory of Nutritional Chemistry and Scientific Research and conducted research on the nutritional qualities of juices.

Today, juices are part of diets across the world, with orange being a staple in American breakfasts. There are many kinds of juicers that are able to extract vital nutrients from fruits and vegetables without losing them to heat. The hydraulic 'triturator' juicer developed by Walker does a great job of this. Others include twin-gear juicers and slow juicers.

### HOW TO CELEBRATE NATIONAL FRESH SQUEEZED JUICE DAY

- Make yourself a fresh-squeezed drink - If you have a juicer at home, and unused fruits and veggies, it's great to start the day with a healthy mix of your choice and get those neglected vitamins and minerals into your system in a digestible, satisfying way. Just remember to go easy on the sugar.
- Say "no" to packaged and aerated drinks - We have been pampered by too many packaged juices that contain preservatives and sweeteners that are bad for our health. Drinking a freshly squeezed fruit or vegetable in a good juicer is the smartest way to obtain nutrients without all the chemicals and sugars we want to avoid anyway. Carbonated drinks are even worse as they can be addictive and add very little nutritional value.
- Try a new blend - There are so many interesting recipes out there that you may never have tried because of your preference for certain vegetables and fruit. There are recipes that mix green apples, with ginger, and parsnip, and oranges, with cucumber, and oregano. Intrigued? Check out various suggestions and see what you like.



### 5 INTERESTING FACTS ABOUT JUICING








































1. Juices can lower the risk of cancer - Carotenoids found in carrots and lycopene found in tomatoes can reduce the risk of cancers, according to studies.
2. Juicers leave out fiber - The pulpy part of fruits and vegetables that contain fiber are left out by juicers, but they are also an important part of wholesome eating.
3. Juicers can be like washing machines - Juicers that work on centrifugal technology to spin objects and separate particles have this in common with washing machines.
4. Diet drinks can increase weight - Research has shown that the artificial sweeteners in diet sodas can actually upset metabolism and lead to weight gain.
5. Drinking juice increases with income - New Zealand and Colombia are the world's biggest juice drinkers but, on average, juice is said to be consumed more in higher-income countries.



| SATURDAY AFTERNOON |                                              |                                                      |                                         |                                                      |                                             |                                                  |                                                     |                                                               |                                         | JANUARY 14, 2023                       |                              |                  |                 |  |
|--------------------|----------------------------------------------|------------------------------------------------------|-----------------------------------------|------------------------------------------------------|---------------------------------------------|--------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------|-----------------------------------------|----------------------------------------|------------------------------|------------------|-----------------|--|
|                    | 11:30                                        | 12:00                                                | 12:30                                   | 1:00                                                 | 1:30                                        | 2:00                                             | 2:30                                                | 3:00                                                          | 3:30                                    | 4:00                                   | 4:30                         | 5:00             | 5:30            |  |
| 3-CBS              | Hope-                                        | TBA                                                  | Basket                                  | College Basketball Wisconsin at Indiana. Ⓢ           |                                             |                                                  |                                                     |                                                               | To Be Announced                         |                                        |                              |                  |                 |  |
| 6-ABC              | oh baby!                                     | Hearts of                                            | NBA                                     | NBA Basketball Milwaukee Bucks at Miami Heat. (Live) |                                             |                                                  |                                                     |                                                               | Paid Prg.                               |                                        | 2023 Mummies                 |                  | Action News 5PM |  |
| 10-NBC             | One                                          | Paid Prg.                                            | Premier League Soccer: Bees vs Cherries |                                                      |                                             |                                                  | Swimming TYR Pro Series. Ⓢ                          |                                                               | PGA Golf                                |                                        |                              |                  |                 |  |
| 17-MNT             | BCSBN                                        | College Basketball Virginia Union at Virginia State. |                                         |                                                      |                                             |                                                  | BCSBN                                               | College Basketball                                            |                                         |                                        |                              |                  | Sheldon         |  |
| 23-PBS             | Quincy Jones: A Musical                      |                                                      |                                         | Dr. Fuhrman's Food as Medicine Ⓢ                     |                                             |                                                  | Table                                               | Moveable                                                      | Lucky Ch                                | Christina                              | NJ Busin                     | State-Aff        |                 |  |
| 29-FOX             | Paid Prg.                                    | Paid Prg.                                            | Paid Prg.                               | Paid Prg.                                            |                                             | NFL Championship                                 |                                                     | FOX NFL Kickoff                                               |                                         | FOX NFL Sunday                         |                              | NFL Football     |                 |  |
| 57-CW              | Paid Prg.                                    | Weather Gone Viral                                   |                                         | World's                                              | Women's College Basketball                  |                                                  |                                                     | Sports                                                        |                                         | College Basketball                     |                              |                  |                 |  |
| A&E                | Zombie                                       | Triple Digit Flip Ⓢ                                  |                                         | Neighbor.                                            | Neighbor.                                   | Neighbor.                                        | ★★½ "Jack Reacher" (2012) Tom Cruise. (In Stereo) Ⓢ |                                                               |                                         |                                        |                              | "Reache          |                 |  |
| AMC                | (10:15) "Big" (1988)                         |                                                      | ★★½ "Spaceballs" (1987) Mel Brooks.     |                                                      |                                             | ★★★½ "The Breakfast Club" (1985) Emilio Estevez. |                                                     |                                                               |                                         |                                        | "Sixteen Candles"            |                  |                 |  |
| CNN                | News                                         | CNN Newsroom                                         |                                         | CNN Newsroom                                         |                                             | CNN Newsroom                                     |                                                     | CNN Newsroom                                                  |                                         | CNN Newsroom                           |                              | CNN Newsroom     |                 |  |
| DISC               | Dirty Jobs                                   | Mecum Auto Auctions Kissimmee 2023                   |                                         |                                                      | Expedition Unknown                          |                                                  | Expedition Unknown                                  |                                                               | Expedition Unknown                      |                                        | Expedition Unknown           |                  |                 |  |
| DISN               | Big City                                     | Ladybug                                              | Ladybug                                 | ★½ "Arctic Dogs" (2019) 'PG'                         |                                             |                                                  | Villains                                            | Villains                                                      | Villains                                | Big City                               | Big City                     | Big City         | Big City        |  |
| ESPN               | NFL                                          | College Basketball Kentucky at Tennessee.            |                                         |                                                      |                                             | College Basketball                               |                                                     |                                                               |                                         | College Basketball Teams TBA. (Live) Ⓢ |                              |                  |                 |  |
| ESPN2              | GameDay                                      | College Basketball                                   |                                         |                                                      |                                             | College Basketball Teams TBA. (Live) Ⓢ           |                                                     |                                                               |                                         | College Basketball Teams TBA. (Live) Ⓢ |                              |                  |                 |  |
| FNEWS              | Cavuto                                       | Fox News Live Ⓢ                                      |                                         | Fox News Live Ⓢ                                      |                                             | Fox News Live Ⓢ                                  |                                                     | Journal Editorial Rpt.                                        |                                         | Fox News Live Ⓢ                        |                              | Saturday Show    |                 |  |
| FX                 | ★★ "Sweet Home Alabama" (2002) (In Stereo) Ⓢ |                                                      |                                         |                                                      |                                             | ★★½ "The Proposal" (2009) Sandra Bullock. Ⓢ      |                                                     |                                                               |                                         |                                        | ★★★ "Bumblebee" (2018) Ⓢ     |                  |                 |  |
| HBO                | "King in the Wilderness" (2018) 'NR' Ⓢ       |                                                      |                                         | Hard                                                 |                                             | ★★½ "The Promise" (2016) Oscar Isaac. 'PG-13'    |                                                     |                                                               |                                         |                                        | ★★ "Every Secret Thing" 'R'  |                  |                 |  |
| HIST               | Swamp                                        | The UnXplained                                       |                                         | The UnXplained                                       |                                             | The UnXplained                                   |                                                     | The UnXplained                                                |                                         | The UnXplained                         |                              | The UnXplained   |                 |  |
| ION                | Law-SVU                                      | Law & Order: SVU                                     |                                         | Law & Order: SVU                                     |                                             | Law & Order: SVU                                 |                                                     | Law & Order: SVU                                              |                                         | Law & Order: SVU                       |                              | Law & Order: SVU |                 |  |
| LIFE               | "Abducted: The"                              |                                                      | "Trapped: The Alex Coop"                |                                                      |                                             | "Secrets of a Gold Digger Killer" (2021)         |                                                     |                                                               |                                         | "Drew Peterson: Untouchable: Enhanced" |                              |                  |                 |  |
| MAX                | "Black                                       | ★★★ "Coming to America" (1988) Ⓢ                     |                                         |                                                      |                                             |                                                  | ★ "The Wash" (2001) Dr. Dre. (In Stereo)            |                                                               |                                         | ★★★ "Pacific Rim" (2013) (In Stereo) Ⓢ |                              |                  |                 |  |
| NBCSPA             | Paid Prg.                                    | World Poker                                          |                                         | World Poker                                          |                                             | Women's College Basketball                       |                                                     |                                                               |                                         | Fishing                                | Football                     | S. Joyner        | Eagles          |  |
| NICK               | Sponge.                                      | Sponge.                                              | Sponge.                                 | SpongeBob SquarePants (In Stereo) Ⓢ                  |                                             |                                                  |                                                     | "The SpongeBob SquarePants Movie" Ⓢ                           |                                         |                                        | "SpongeBob Movie"            |                  |                 |  |
| PARMT              | NCIS                                         | NCIS Ⓢ (DVS)                                         |                                         | ★★½ "The Expendables 2" (2012) Ⓢ                     |                                             |                                                  |                                                     | ★★ "The Expendables 3" (2014) Sylvester Stallone. (In Stereo) |                                         |                                        |                              |                  |                 |  |
| TBS                | (11:00) Movie Ⓢ                              |                                                      |                                         |                                                      | Movie Ⓢ                                     |                                                  |                                                     |                                                               | Movie Ⓢ                                 |                                        |                              |                  |                 |  |
| TCM                | Crime                                        | ★★★★ "The Red Shoes" (1948) Moira Shearer. Ⓢ         |                                         |                                                      |                                             |                                                  | ★★ "The Life of Jimmy Dolan"                        |                                                               |                                         | ★★★½ "White Heat" (1949) Ⓢ (DVS)       |                              |                  |                 |  |
| TNT                | (11:00) ★★★ "Ocean's Eleven" (2001)          |                                                      |                                         |                                                      | ★★★ "Ocean's Twelve" (2004) George Clooney. |                                                  |                                                     |                                                               | ★★★ "Ocean's Thirteen" (2007) Brad Pitt |                                        |                              |                  |                 |  |
| USA                | Soccer                                       | Premier                                              | College Basketball                      |                                                      |                                             | College Basketball                               |                                                     |                                                               |                                         |                                        | ★★ "2 Fast 2 Furious" (2003) |                  |                 |  |

| SATURDAY EVENING |                                                    |                                             |                                                             |          |                                                               |                                             |                                     |                                                |                                          | JANUARY 14, 2023         |                                |                     |            |  |
|------------------|----------------------------------------------------|---------------------------------------------|-------------------------------------------------------------|----------|---------------------------------------------------------------|---------------------------------------------|-------------------------------------|------------------------------------------------|------------------------------------------|--------------------------|--------------------------------|---------------------|------------|--|
|                  | 6:00                                               | 6:30                                        | 7:00                                                        | 7:30     | 8:00                                                          | 8:30                                        | 9:00                                | 9:30                                           | 10:00                                    | 10:30                    | 11:00                          | 11:30               | 12:00      |  |
| <b>3-CBS</b>     | News                                               | News                                        | Ent. Tonight                                                |          | To Be Announced                                               |                                             | To Be Announced                     |                                                | 48 Hours 🇺🇸                              |                          | News                           | Game                | Magnum     |  |
| <b>6-ABC</b>     | News                                               | ABC                                         | FYI Philly                                                  | Wheel    | Will Trent "Pilot"                                            |                                             | Will Trent (In Stereo)              |                                                | Shark Tank                               |                          | News                           | News                | Jeopardy!  |  |
| <b>10-NBC</b>    | News                                               | NBC                                         | Football Night                                              |          | NFL Football Los Angeles Chargers at Jacksonville Jaguars. 🇺🇸 |                                             |                                     |                                                |                                          | TBA                      |                                | Saturday Night Live |            |  |
| <b>17-MNT</b>    | Big Bang                                           | Big Bang                                    | Big Bang                                                    | Big Bang | Chicago P.D.                                                  |                                             | Chicago P.D.                        |                                                | Action News at 10                        |                          | Philler                        | Delco               | Mom        |  |
| <b>23-PBS</b>    | Reporters                                          | Chat Box                                    | NYC Arts                                                    | The Arts | Old                                                           | House                                       | The Goes                            | McLeod                                         | La Otra Mirada "Being a Woman" 🇺🇸        |                          |                                | Annika              |            |  |
| <b>29-FOX</b>    | NFL Football                                       |                                             |                                                             | Postgame | College Basketball Colorado at UCLA. 🇺🇸                       |                                             |                                     | The 10 News                                    |                                          | Hell's Kitchen           |                                | Paid Prg.           |            |  |
| <b>57-CW</b>     | FamFeud                                            | FamFeud                                     | NLL Lacrosse Panther                                        |          | City LC at Philadelphia Wings.                                |                                             |                                     | FamFeud                                        |                                          | News Philly              |                                | WOW - Women         |            |  |
| <b>A&amp;E</b>   | (5:30) ★★ "Jack Reacher: Never Go Back"            |                                             |                                                             |          | ★★½ "Jack Reacher" (2012) Tom Cruise. (In Stereo) 🇺🇸          |                                             |                                     |                                                |                                          | Accused: Guilty          |                                | "Reache             |            |  |
| <b>AMC</b>       | "Sixteen Candles"                                  |                                             | ★★★ "Fast Times at Ridgemont High"                          |          |                                                               | ★★½ "Major League" (1989) Tom Berenger. 🇺🇸  |                                     |                                                |                                          |                          | "Major League II"              |                     |            |  |
| <b>CNN</b>       | CNN Newsroom                                       |                                             | CNN Newsroom                                                |          | CNN Newsroom                                                  |                                             | "Navalny" (2022) Alexei Navalny. 🇺🇸 |                                                |                                          | Giuliani: What           |                                | Giuliani            |            |  |
| <b>DISC</b>      | Expedition Unknown                                 |                                             | Expedition Unknown                                          |          | Expedition Unknown                                            |                                             | Expedition Unknown                  |                                                | Expedition Unknown                       |                          | Gold-Videotape                 |                     | Expedi     |  |
| <b>DISN</b>      | Big City                                           | Big City                                    | Big City                                                    | Big City | The                                                           | The                                         | Big City                            | Big City                                       | Hamster                                  | Hamster                  | The                            | The                 | Ladybug    |  |
| <b>ESPN</b>      | College Basketball Teams TBA. (Live) 🇺🇸            |                                             |                                                             |          | College Basketball Texas Tech at Texas.                       |                                             |                                     | Boxing Top Rank Boxing: Ajagba vs. Shaw.       |                                          |                          | NFL                            |                     |            |  |
| <b>ESPN2</b>     | College Basketball Teams TBA. (Live) 🇺🇸            |                                             |                                                             |          | College Basketball Teams TBA. (Live) 🇺🇸                       |                                             |                                     | College Basketball Portland at Gonzaga.        |                                          |                          | SportCtr                       |                     |            |  |
| <b>FNEWS</b>     | Fox Report                                         |                                             | Gutfeld! 🇺🇸                                                 |          | One Nation                                                    |                                             | Dan Bongino                         |                                                | Lawrence Jones                           |                          | One Nation                     |                     | Unfiltered |  |
| <b>FX</b>        | (4:30) "Bumblebee"                                 |                                             | ★★½ "Jurassic World: Fallen Kingdom" (2018) Chris Pratt. 🇺🇸 |          |                                                               |                                             |                                     | ★★½ "Jurassic World: Fallen Kingdom" (2018) 🇺🇸 |                                          |                          |                                |                     |            |  |
| <b>HBO</b>       | ★★★½ "Barbarian" (2022) 'R' 🇺🇸                     |                                             |                                                             |          | ★★★½ "Hereditary" (2018) Toni Collette.                       |                                             |                                     | ★★ "Jennifer's Body" (2009) Megan Fox.         |                                          |                          | "Lobster"                      |                     |            |  |
| <b>HIST</b>      | The UnXplained                                     |                                             | The UnXplained                                              |          | The UnXplained                                                |                                             | The UnXplained                      |                                                | The UnXplained                           |                          | The UnXplained                 |                     | UnXplain.  |  |
| <b>ION</b>       | Law & Order: SVU                                   |                                             | Law & Order: SVU                                            |          | Law & Order: SVU                                              |                                             | Law & Order: SVU                    |                                                | Law & Order: SVU                         |                          | Law & Order: SVU               |                     | Law-SVU    |  |
| <b>LIFE</b>      | "Chris Watts: Confessions of a Killer" 🇺🇸          |                                             |                                                             |          | "How to Murder Your Husband"                                  |                                             |                                     | "The Client List" (2010) Teddy Sears 🇺🇸        |                                          |                          | "Murder"                       |                     |            |  |
| <b>MAX</b>       | ★★½ "The Mule" (2018) Clint Eastwood.              |                                             |                                                             |          | ★★★ "Safe" (2012) 🇺🇸                                          |                                             |                                     | "The Assignment" (2016) 🇺🇸                     |                                          | ★★★ "Sabotage" (2014) 🇺🇸 |                                |                     |            |  |
| <b>NBCSPA</b>    | Eagles                                             | Pregame                                     | NHL Hockey: Flyers at Capitals                              |          |                                                               |                                             |                                     | Flyers Postgame                                |                                          | Football                 | Bensinger                      | Wm. Basketball      |            |  |
| <b>NICK</b>      | "SpongeBob Movie"                                  |                                             | The Tidal Zone                                              |          | Big Nate                                                      | Sponge.                                     | Friends                             | Friends                                        | Friends                                  | Friends                  | Friends                        | Friends             | Friends    |  |
| <b>PARMT</b>     | ★★★ "Spider-Man" (2002) Tobey Maguire. (In Stereo) |                                             |                                                             |          |                                                               | ★★★ "Spider-Man 2" (2004) Tobey Maguire. 🇺🇸 |                                     |                                                |                                          |                          | ★★½ "Spider-Man 3" (2007)      |                     |            |  |
| <b>TBS</b>       | ★★★ "Pretty Woman" (1990) Richard Gere.            |                                             |                                                             |          |                                                               | Burgers                                     | Burgers                             | Burgers                                        | Burgers                                  | Burgers                  | ★★ "Couples Retreat" (2009)    |                     |            |  |
| <b>TCM</b>       | ★★★½ "Ride the High Country" (1962)                |                                             |                                                             |          | ★★★ "Monsieur Beaucaire" (1946)                               |                                             |                                     | ★★★ "Caught in the Draft" (1941)               |                                          |                          | "Thundr                        |                     |            |  |
| <b>TNT</b>       | "Ocean"                                            | ★★½ "Jurassic World" (2015) Chris Pratt. 🇺🇸 |                                                             |          |                                                               |                                             | Ghost Adventures                    |                                                | ★★½ "The Accountant" (2016) Ben Affleck. |                          |                                |                     |            |  |
| <b>USA</b>       | "2 Fast"                                           |                                             | ★★ "Fast & Furious" (2009) Vin Diesel.                      |          |                                                               | ★★½ "Fast Five" (2011) Vin Diesel. 🇺🇸 (DVS) |                                     |                                                |                                          |                          | ★★★ "Furious 7" (2015, Action) |                     |            |  |



| SUNDAY AFTERNOON |                                                                                                                                      |                                                                                                                                |                                                     |                                                                                                                                                        |                                                                                                                                |                                                                                                                        |                                                                                                                                  |                                                                                                                       |                            | JANUARY 15, 2023                                                                                          |                                                                                                     |                                                                                                    |                |  |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------|--|
|                  | 11:30                                                                                                                                | 12:00                                                                                                                          | 12:30                                               | 1:00                                                                                                                                                   | 1:30                                                                                                                           | 2:00                                                                                                                   | 2:30                                                                                                                             | 3:00                                                                                                                  | 3:30                       | 4:00                                                                                                      | 4:30                                                                                                | 5:00                                                                                               | 5:30           |  |
| 3-CBS            | CBS3                                                                                                                                 | To Be Announced                                                                                                                |                                                     | NFL Football Miami Dolphins at Buffalo Bills. (In Stereo Live)      |                                                                                                                                |                                                                                                                        |                                                                                                                                  |                                                                                                                       |                            | To Be Announced                                                                                           |                                                                                                     |                                                                                                    |                |  |
| 6-ABC            | Inside                                                                                                                               | Action News                                   |                                                     | Our Ameri                                                                                                                                              | Spanish Super Cup Soccer Final: Teams TBA.  |                                                                                                                        |                                                                                                                                  |                                                                                                                       |                            | Traveler                                                                                                  | Vets-Pets                                                                                           | Action News 5PM                                                                                    |                |  |
| 10-NBC           | Issue                                                                                                                                | To Be Announced                                                                                                                |                                                     |                                                                                                                                                        |                                                                                                                                |                                                                                                                        |                                                                                                                                  |                                                                                                                       |                            |                                                                                                           | PGA Golf                                                                                            |                                                                                                    |                |  |
| 17-MNT           | Shriners                                                                                                                             | Paid Prg.                                                                                                                      | Paid Prg.                                           | In Focus                                                                                                                                               | This                                                                                                                           | Raw Trav.                                                                                                              | black-ish                                                                                                                        | black-ish                                                                                                             | black-ish                  | MLK: Holiday                                                                                              |                                                                                                     | Philler                                                                                            | Sheldon        |  |
| 23-PBS           | Think Tk                                                                                                                             | State-Aff                                                                                                                      | Class                                               | Lidia                                                                                                                                                  | Milk                                                                                                                           | Cook                                                                                                                   | Darley                                                                                                                           | Overcoming Anxiety,                                                                                                   |                            |                                                                                                           | Depression, Trauma                                                                                  |                                                                                                    | Reconstruction |  |
| 29-FOX           | Paid Prg.                                                                                                                            | College Basketball Marquette at Xavier.                                                                                        |                                                     |                                                                                                                                                        |                                                                                                                                | Paid Prg.                                                                                                              | Paid Prg.                                                                                                                        | Paid Prg.                                                                                                             | Paid Prg.                  | Pregame                                                                                                   | NFL Football: Giants at Vikings                                                                     |                                                                                                    |                |  |
| 57-CW            | DraftK                                                                                                                               | SOS: How to Survive                                                                                                            |                                                     | Storm of Suspicion                                                                                                                                     |                                                                                                                                | Major Crimes                         |                                                                                                                                  | SEAL Team                           |                            | Magnum P.I.             |                                                                                                     | Criss Angel                                                                                        |                |  |
| A&E              | Zombie                                                                                                                               | Zombie Flip                                                                                                                    |                                                     | The First 48                                                          |                                                                                                                                | The First 48                          |                                                                                                                                  | The First 48                       |                            | The First 48           |                                                                                                     | The First 48    |                |  |
| AMC              | “Breakfast Club”                                                                                                                     |                                                                                                                                | *** “Fast Times at Ridgemont High”                  |                                                                                                                                                        |                                                                                                                                |                                                                                                                        | ***½ “The Craft” (1996) Robin Tunney.                                                                                            |                                                                                                                       |                            |                                                                                                           | *** “The Lost Boys” (1987)                                                                          |                                                                                                    |                |  |
| CNN              | News                                                                                                                                 | State of Union                                                                                                                 |                                                     | Fareed Zakaria GPS                                                                                                                                     |                                                                                                                                | CNN Newsroom                                                                                                           |                                                                                                                                  | CNN Newsroom                                                                                                          |                            | CNN Newsroom                                                                                              |                                                                                                     | CNN Newsroom                                                                                       |                |  |
| DISC             | Gold                                                                                                                                 | Gold-Videotape                                                                                                                 |                                                     | Sewer Divers                                                          |                                                                                                                                | Sewer Divers                          |                                                                                                                                  | Dirty Jobs                         |                            | Dirty Jobs             |                                                                                                     | Dirty Jobs      |                |  |
| DISN             | Big City                                                                                                                             | ★½ “Arctic Dogs” (2019) ‘PG’                                                                                                   |                                                     |                                                                                                                                                        | Ladybug                                                                                                                        | Hamster                                                                                                                | Hamster                                                                                                                          | Big City                                                                                                              | Big City                   | Big City                                                                                                  | Big City                                                                                            | Big City                                                                                           | Jessie         |  |
| ESPN             | Postseason NFL Countdown                                                                                                             |                                                                                                                                |                                                     | Women’s College Basketball                                                                                                                             |                                                                                                                                |                                                                                                                        |                                                                                                                                  | Basket                                                                                                                | Women’s College Basketball |                                                                                                           |                                                                                                     |                                                                                                    | Golf Latin     |  |
| ESPN2            | Golf Latin America Amateur                                                                                                           |                                                                                                                                |                                                     | College Basketball                                                                                                                                     |                                                                                                                                |                                                                                                                        |                                                                                                                                  | College Basketball Memphis at Temple.                                                                                 |                            |                                                                                                           |                                                                                                     | Wm. Basketball                                                                                     |                |  |
| FNEWS            | Medi                                                                                                                                 | Fox News Live                                 |                                                     | Fox News Live                                                         |                                                                                                                                | FOX News Sunday                                                                                                        |                                                                                                                                  | Maria Bartiromo                                                                                                       |                            | Fox News Live          |                                                                                                     | Sunday Show                                                                                        |                |  |
| FX               | ***½ “We Are Marshall” (2006) Matthew McConaughey.  |                                                                                                                                |                                                     |                                                                                                                                                        |                                                                                                                                |                                                                                                                        | *** “Remember the Titans” (2000) (In Stereo)  |                                                                                                                       |                            |                                                                                                           | “Jerry Maguire”  |                                                                                                    |                |  |
| HBO              | ** “Reminiscence”                                                                                                                    |                                                                                                                                | ★½ “The Divergent Series: Allegiant” (2016) ‘PG-13’ |                                                                                                                                                        |                                                                                                                                |                                                                                                                        |                                                                                                                                  | *** “Hellboy” (2004) Ron Perlman.  |                            |                                                                                                           |                                                                                                     | “Law Abiding”                                                                                      |                |  |
| HIST             | Built                                                                                                                                | Built America                                                                                                                  |                                                     | Built America                                                                                                                                          |                                                                                                                                | Built America                                                                                                          |                                                                                                                                  | Built America                                                                                                         |                            | Built America                                                                                             |                                                                                                     | Built America                                                                                      |                |  |
| ION              | NCIS                                                                                                                                 | NCIS  (DVS)                                   |                                                     | NCIS  (DVS)                                                           |                                                                                                                                | NCIS  (DVS)                           |                                                                                                                                  | NCIS “The Helpers”                                                                                                    |                            | NCIS “First Steps”                                                                                        |                                                                                                     | NCIS “The Wake”                                                                                    |                |  |
| LIFE             | “Serial”                                                                                                                             | “I Was Lorena Bobbitt” (2020)                 |                                                     |                                                                                                                                                        |                                                                                                                                | “Doomsday Mom: The Lori Vallow Story”                                                                                  |                                                                                                                                  |                                                                                                                       |                            | “Gone Mom: Disappearance of Jennifer”                                                                     |                                                                                                     |                                                                                                    |                |  |
| MAX              | (11:26) “Shiva Baby”                                                                                                                 | *** “Chef” (2014) Jon Favreau.                |                                                     |                                                                                                                                                        |                                                                                                                                | “Knock Knock” (2015) Keanu Reeves.  |                                                                                                                                  |                                                                                                                       |                            | *** “The Omen” (1976)  |                                                                                                     |                                                                                                    |                |  |
| NBCSPA           | Outages                                                                                                                              | Paid Prg.                                                                                                                      | Theft                                               | Women’s College Basketball                                                                                                                             |                                                                                                                                |                                                                                                                        |                                                                                                                                  | NHL Hockey: Flyers at Capitals                                                                                        |                            |                                                                                                           |                                                                                                     | NBA Basketball                                                                                     |                |  |
| NICK             | (11:00) SpongeBob SquarePants                                                                                                        |                                                                                                                                |                                                     | “The SpongeBob SquarePants Movie”                                     |                                                                                                                                |                                                                                                                        |                                                                                                                                  | “SpongeBob Movie”                                                                                                     |                            |                                                                                                           |                                                                                                     | Patrick Star                                                                                       |                |  |
| PARMT            | NCIS                                                                                                                                 | ***½ “The Wolverine” (2013) Hugh Jackman.     |                                                     |                                                                                                                                                        |                                                                                                                                |                                                                                                                        |                                                                                                                                  | *** “Spider-Man” (2002) Tobey Maguire. (In Stereo)                                                                    |                            |                                                                                                           |                                                                                                     | “Spider-Man 2”  |                |  |
| TBS              | Friends                                                                                                                              | Friends                                                                                                                        | Friends                                             | Movie                                                                 |                                                                                                                                |                                                                                                                        |                                                                                                                                  | Movie                              |                            |                                                                                                           |                                                                                                     | Movie           |                |  |
| TCM              | “Thundr                                                                                                                              | ***½ “David Copperfield” (1935) W.C. Fields.  |                                                     |                                                                                                                                                        |                                                                                                                                |                                                                                                                        |                                                                                                                                  | *** “Designing Woman” (1957)       |                            |                                                                                                           |                                                                                                     | ***½ “Don’t Make Waves”                                                                            |                |  |
| TNT              | (10:30) ***½ “The Fugitive”                                                                                                          |                                                                                                                                |                                                     | ***½ “The Green Mile” (1999, Drama) Tom Hanks, David Morse.  (DVS) |                                                                                                                                |                                                                                                                        |                                                                                                                                  |                                                                                                                       |                            | “Shawshank”                                                                                               |                                                                                                     |                                                                                                    |                |  |
| USA              | Chrisley                                                                                                                             | Law & Order: SVU                                                                                                               |                                                     | Law & Order: SVU                                                                                                                                       |                                                                                                                                | Law & Order: SVU                                                                                                       |                                                                                                                                  | Law & Order: SVU                                                                                                      |                            | Law & Order: SVU                                                                                          |                                                                                                     | Law & Order: SVU                                                                                   |                |  |

| SUNDAY EVENING |                                                                                                                      |                                                                                                                             |                                                                                                                                             |          |                                                                                                                                                             |                 |                                                                                                    |                                                                                                    |                                                                                                     | JANUARY 15, 2023                                                                                                 |                                                                                                     |                                                                                             |                     |  |
|----------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------|--|
|                | 6:00                                                                                                                 | 6:30                                                                                                                        | 7:00                                                                                                                                        | 7:30     | 8:00                                                                                                                                                        | 8:30            | 9:00                                                                                               | 9:30                                                                                               | 10:00                                                                                               | 10:30                                                                                                            | 11:00                                                                                               | 11:30                                                                                       | 12:00               |  |
| 3-CBS          | TBA                                                                                                                  | News                                                                                                                        | To Be Announced                                                                                                                             |          | East New York                                                            |                 | NCIS: Los Angeles                                                                                  |                                                                                                    | East New York  |                                                                                                                  | News                                                                                                | Sports                                                                                      | J. Osteen           |  |
| 6-ABC          | News                                                                                                                 | ABC                                                                                                                         | Funny Home Videos                                                                                                                           |          | ★★★★ "Finding Nemo" (2003) (In Stereo)                                                                                                                      |                 |                                                                                                    |                                                                                                    | The Parent Test                                                                                     |                                                                                                                  | News                                                                                                | Sports                                                                                      | FYI Philly          |  |
| 10-NBC         | News                                                                                                                 | NBC                                                                                                                         | Lopez vs                                                                                                                                    | Football | NFL Football Baltimore Ravens at Cincinnati Bengals. (In Stereo Live)  |                 |                                                                                                    |                                                                                                    |                                                                                                     |                                                                                                                  | News                                                                                                | Eagles                                                                                      |                     |  |
| 17-MNT         | Two Men                                                                                                              | Two Men                                                                                                                     | Gold                                                                                                                                        | Gold     | Mod Fam                                                                                                                                                     | Mod Fam         | Mod Fam                                                                                            | Mod Fam                                                                                            | Action News at 10                                                                                   |                                                                                                                  | Seinfeld                                                                                            | Seinfeld                                                                                    | Outdoors            |  |
| 23-PBS         | Reconstruction: America After                                                                                        |                                                                                                                             |                                                                                                                                             |          | Reconstruction: America After the Civil War (In Stereo)                 |                 |                                                                                                    |                                                                                                    |                                                                                                     |                                                                                                                  | Overcmng                                                                                            |                                                                                             | The Goes            |  |
| 29-FOX         | NFL Football: Giants at Vikings                                                                                      |                                                                                                                             |                                                                                                                                             | Postgame | Simpsons                                                                                                                                                    | The-North       | Burgers                                                                                            | Fam. Guy                                                                                           | The 10 News                                                                                         |                                                                                                                  | News                                                                                                | Extra  |                     |  |
| 57-CW          | Animals                                                                                                              | Animals                                                                                                                     | The 28th Annual Critics' Choice Awards (In Stereo Live)  |          |                                                                                                                                                             |                 | News Philly                                                                                        |                                                                                                    | WOW - Women                                                                                         |                                                                                                                  | King                                                                                                |                                                                                             |                     |  |
| A&E            | The First 48                      |                                                                                                                             | The First 48                                             |          | The First 48                                                             |                 | The First 48  |                                                                                                    | The First 48   |                                                                                                                  | The First 48   |                                                                                             |                     |  |
| AMC            | "Lost                                                                                                                | ★★★ "The Goonies" (1985) Sean Astin.     |                                                                                                                                             |          |                                                                                                                                                             | Mayfair Witches |                                                                                                    | Mayfair Witches                                                                                    |                                                                                                     | ★★★ "The Goonies" (1985)                                                                                         |                                                                                                     |                                                                                             |                     |  |
| CNN            | CNN Newsroom                                                                                                         |                                                                                                                             | Who's Talking                                                                                                                               |          | CNN Newsroom                                                                                                                                                |                 | Giuliani: What                                                                                     |                                                                                                    | Giuliani: What                                                                                      |                                                                                                                  | The Seventies  |                                                                                             | Giuliani            |  |
| DISC           | Dirty Jobs                        |                                                                                                                             | Dirty Jobs                                               |          | Dirty Jobs (In Stereo)                                                                                                                                      |                 | Sewer Divers    |                                                                                                    | Dirty Jobs (In Stereo)                                                                              |                                                                                                                  | Dirty Jobs     |                                                                                             | Dirty Jobs          |  |
| DISN           | Jessie                                                                                                               | Jessie                                                                                                                      | ★★★ "Beauty and the Beast" (2017) 'PG'                                                                                                      |          |                                                                                                                                                             |                 | Bunk'd                                                                                             | Bunk'd                                                                                             | Jessie                                                                                              | Jessie                                                                                                           | Big City                                                                                            | Big City                                                                                    | Big City            |  |
| ESPN           | X Games Aspen                                                                                                        |                                                                                                                             | 2023 Australian Open Tennis First Round. (Live)          |          |                                                                                                                                                             |                 |                                                                                                    |                                                                                                    |                                                                                                     |                                                                                                                  | SportsCenter                                                                                        |                                                                                             | NFL                 |  |
| ESPN2          | Wm. Basketball                                                                                                       |                                                                                                                             | SportsCenter                                             |          | Dynamic K9 Duos                                                                                                                                             |                 | Boy's High School Basketball                                                                       |                                                                                                    | Bad                                                                                                 |                                                                                                                  | Australian Open                                                                                     |                                                                                             |                     |  |
| FNEWS          | Fox Report                                                                                                           |                                                                                                                             | Sunday Night                                                                                                                                |          | Life, Liberty & Levin                                                                                                                                       |                 | The Next Revolution                                                                                |                                                                                                    | Midterms                                                                                            |                                                                                                                  | Life, Liberty & Levin                                                                               |                                                                                             | Revolu              |  |
| FX             | (5:00) ★★★½ "Jerry Maguire" (1996)                                                                                   |                                                                                                                             |                                                                                                                                             |          | ★½ "The Waterboy" (1998) (In Stereo)                                                                                                                        |                 |                                                                                                    |                                                                                                    | ★½ "The Waterboy" (1998) (In Stereo)                                                                |                                                                                                                  |                                                                                                     |                                                                                             | "Jer                |  |
| HBO            | "Law"                                                                                                                | ★★½ "Black Adam" (2022) Dwayne Johnson.  |                                                                                                                                             |          |                                                                                                                                                             |                 |                                                                                                    | The Last of Us  |                                                                                                     | The Last of Us (In Stereo)  |                                                                                                     | The Last                                                                                    |                     |  |
| HIST           | Built America                                                                                                        |                                                                                                                             | Built America                                                                                                                               |          | Built America                                                                                                                                               |                 | Built America                                                                                      |                                                                                                    | Built America                                                                                       |                                                                                                                  | Built America                                                                                       |                                                                                             | America             |  |
| ION            | NCIS  (DVS)                       |                                                                                                                             | NCIS  (DVS)                                              |          | NCIS  (DVS)                                                              |                 | NCIS  (DVS)   |                                                                                                    | NCIS  (DVS)    |                                                                                                                  | NCIS  (DVS)    |                                                                                             | NCIS                |  |
| LIFE           | "Reba McEntire's The Hammer" (2023)                                                                                  |                                                                                                                             |                                                                                                                                             |          | "Burned by Love" (2023) Shiva Negar.                                     |                 |                                                                                                    |                                                                                                    | "How to Murder Your Husband"                                                                        |                                                                                                                  |                                                                                                     |                                                                                             | "Burned"            |  |
| MAX            | ★★½ "Damien: Omen II" (1978)      |                                                                                                                             |                                                                                                                                             |          | ★★★ "The Omen" (1976) Gregory Peck.                                                                                                                         |                 |                                                                                                    |                                                                                                    | ★★ "Old" (2021) (In Stereo)                                                                         |                                                                                                                  |                                                                                                     |                                                                                             | "American Pastoral" |  |
| NBCSPA         | NBA Basketball: 76ers at Jazz                                                                                        |                                                                                                                             |                                                                                                                                             | Greatest | World Poker                                                                                                                                                 |                 | Sixers                                                                                             | NBA Basketball: 76ers at Lakers                                                                    |                                                                                                     |                                                                                                                  |                                                                                                     |                                                                                             | Sixers              |  |
| NICK           | Patrick Star                                                                                                         |                                                                                                                             | The Tidal Zone                                                                                                                              |          | "SpongeBob Movie"                                                                                                                                           |                 |                                                                                                    |                                                                                                    | Friends                                                                                             | Friends                                                                                                          | Friends                                                                                             | Friends                                                                                     | Friends             |  |
| PARMT          | (5:15) ★★★ "Spider-Man 2" (2004)  |                                                                                                                             |                                                                                                                                             |          | ★★½ "Spider-Man 3" (2007) Tobey Maguire. (In Stereo)                   |                 |                                                                                                    |                                                                                                    |                                                                                                     |                                                                                                                  | ★★½ "The Wolverine" (2013)                                                                          |                                                                                             |                     |  |
| TBS            | (5:00) Movie                      |                                                                                                                             | Big Bang                                                                                                                                    | Big Bang | Big Bang                                                                                                                                                    | Big Bang        | Big Bang                                                                                           | Big Bang                                                                                           | Movie          |                                                                                                                  |                                                                                                     |                                                                                             | "Bounty"            |  |
| TCM            | ★★ "Just the Way You Are" (1984)  |                                                                                                                             |                                                                                                                                             |          | ★★★½ "The Black Stallion" (1979)                                         |                 |                                                                                                    |                                                                                                    | ★★★ "My Friend Flicka" (1943, Children's)                                                           |                                                                                                                  |                                                                                                     |                                                                                             | "Limite"            |  |
| TNT            | (5:00) "The Shawshank Redemption"                                                                                    |                                                                                                                             |                                                                                                                                             |          | ★★½ "The Accountant" (2016) Ben Affleck.                                                                                                                    |                 |                                                                                                    |                                                                                                    |                                                                                                     |                                                                                                                  | ★★ "Midway" (2019) Ed Skrein. Premiere.                                                             |                                                                                             |                     |  |
| USA            | Law & Order: SVU                                                                                                     |                                                                                                                             | Law & Order: SVU                                                                                                                            |          | Law & Order: SVU                                                                                                                                            |                 | Law & Order: SVU                                                                                   |                                                                                                    | Law & Order: SVU                                                                                    |                                                                                                                  | Law & Order: SVU                                                                                    |                                                                                             | Law-SVU             |  |





"A beautiful sight we're happy tonight...walking in a winter wonderland..." was singing in my head as I strolled through Bally's Atlantic City Hotel and Casino for an experience of The Yard with the Greater Atlantic City Concierge Association. We were all excited to check out the recently renovated property as we pieced together what was where when comparing Harry's to The Yard, we were astonished at the transformation and how it creates such an inviting and open space no matter what the season. This past holiday season, we surely felt the warmth with all the holiday decor throughout Bally's and the venues as well as the outside with the holiday lights and the magnificent lit tree! We also were warmed by the hospitality of Bally's for hosting us and how quickly they pulled up another table and chairs when we had more members arrive than anticipated.

But do you want to know what warmed us up most? There were various holiday inspired cocktails such as Caribbean Milk and Cookies, Santa Smash served in nostalgic Christmas mugs, they even have a drink with Gingerbread Mulled Wine. And my personal choice was from the after dinner drinks menu served in glass pipes called Santa's Pipe Dreams, it was fun and put me right in the Santa Spirit! The beers and wines even had tones of holiday cheer infused into them. The drink list alone makes this the perfect spot to get together but looking out to the festive lights, the fun music, decorations and openness also makes this a must for entertaining. They also have fire pits, cornhole, \$5-10 drink specials, and live music on the weekends to make it even more perfect.

If you don't have your own group to entertain, then just come to be entertained! They have lot of fun planned for the upcoming weeks such as:

**FOOTBALL** - Watch your favorite teams compete at The Yard and enjoy \$5 beer specials, beer buckets, craft cocktails and a great menu.

Bet and watch at FanDuel Sportsbook. FanDuel is conveniently located by the northern boardwalk casino entrance. FanDuel Sportsbook features a central 25-foot-wide state-of-the-art LED video wall, flanked by two 10-foot-wide LED video walls on either side and ten video displays so fans will never miss out on the action. Fans can place sports wagers at five betting windows, or 10 self-serve kiosks located inside.



**WINTER WONDERLAND** - January 7-31. Bally's continues Winter Wonderland featuring specialty cocktails including hot alcoholic drinks, firepits, cornhole and more! Live entertainment on the weekends, cocktails and beer specials starting at \$5.

**ANTI-VALENTINE'S AT THE YARD** - February 11. Haven't got struck by Cupid's arrow yet? Then join us for an "I'm The Problem, It's Me." Party! You'll have a great time enjoying our themed drink specials and live entertainment.

**BIG GAME VIEWING AT THE YARD** - February 12. \$60 gets you a guaranteed seat, half time tailgate buffet and open bar from half time to the end of the 3rd quarter.



Even beyond the holidays Bally's is really making it special to visit them. Not to mention all the winnings as a player they are offering but in specials and atmosphere they really are making our time special. They also offer specials every Monday and Thursday night and Saturday and Sunday to enjoy Football as this venue makes for a chill place to watch the big game. I am still trying to find time to try Guy Fieri's Chophouse but I have had both a meatball and a martini at Jerry Longo's Meatballs and Martinis and recommend both plus the atmosphere is special with the old mob movies playing, it is a great night out. Bally's has also invested over \$100 million in renovations making this beachfront property on a whole new playing field. And it is not just the Casino floor or the amazing dining venues their hotel suites are gorgeous. The bathrooms are elegant with free standing soaking tubs and the huge windows also create a top notch feeling!



"While we stroll along, walking in a winter wonderland..." we ended at The Carousel to enjoy a spin and a cocktail and really loved the vibe. I had to fight some fear while stepping onto The Carousel, but really enjoyed it once on. We had a hard time choosing what to order but tried a Funnel Cake Espresso Martini, Seaside Spritz and The Flapper Paloma. Because it was moving we were able to scope all that was going on and because it is centrally located it really is a great attraction for the fun loving crowd. I hope this article helps you make a decision on where to head on some cold and dreary day in the winter. Bally's will surely help warm you up and perk you up! And know, it will also be just as happening in the other seasons with The Yard that spills out onto the boardwalk with a greenhouse to let the sun and fun shine in and the rain and pain stay out!





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**ATLANTIC** County Magazine  
www.atlanticcountymagazine.com

# Pet of the Week



**BULLET**

Bullet was a return adoption from last year. The reason given was that he was too playful with the children in the yard. He came back to us Dec 23, and we updated his veterinary care. He is a nice dog, a little shy at first but warms up quickly. He seems to like other dogs, but a meet and greet is needed to ensure the animals interact appropriately.

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

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

### The Seeing Eye Celebrates 18,000 Seeing Eye® Teams

In December, The Seeing Eye passed an important milestone when it paired Kyle Coon of Colorado Springs, Colo. with a 2-year-old black Labrador retriever named Hugh, making them the 18,000th team to graduate from the program since 1929. This milestone is reached as the non-profit approaches its 94th anniversary in January.

"How amazing it is to pair Kyle with Hugh, to help guide him on all of the journeys that life takes them on. Just like every team that came before, their partnership was created with careful consideration, and support from countless individuals throughout the community," said Seeing Eye President & CEO Peggi Howard. "We are so grateful for the graduates who choose our dogs, the puppy raisers and staff who lovingly care for our dogs, and all of the volunteers and donors who came together to play a part in creating 18,000 Seeing Eye partnerships over the last 94 years."

Coon, a 31-year-old triathlete, motivational speaker and author, is a member of the U.S. Paratriathlon Resident Team in Colorado Springs. In his free time, he enjoys rock climbing, downhill skiing and playing the guitar. Hugh is Coon's third Seeing Eye dog.

"From the time I was a little kid, I dreamed of being able to cruise around independently with a dog. Now I've been matched with Hugh, my third Seeing Eye Dog, and I can't begin to express how much confidence I have when we're out and about," said Kyle Coon. "As Team USA athletes we dedicate a certain portion of our lives to being the best in our chosen sport. Hugh is dedicated to making sure we travel smoothly and safely. I'm extremely honored and humbled

to be part of the 18,000th match in The Seeing Eye's history, and I can't wait to see what adventures Hugh and I experience together from here on out."

Established in 1929, The Seeing Eye provides specially bred and trained dogs to guide people who are blind. Seeing Eye dog users experience greatly enhanced mobility and independence, allowing them to retain their active lifestyles despite blindness. The Seeing Eye is a 501(c)3 non-profit supported by contributions from individuals, corporations and foundations, bequests, and other planned gifts.

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, contact Peter at (609)804-8774 or visit [seeingeye.org/raise](http://seeingeye.org/raise) for information.





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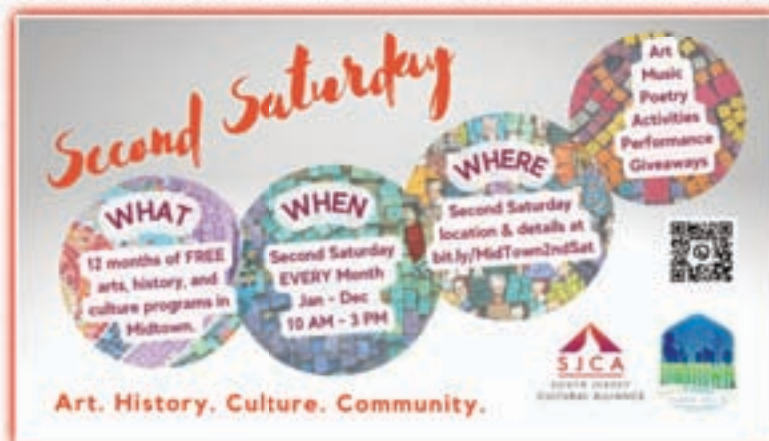
on FM 91.7 WLFR!



## Second Saturday Midtown

January 14th, February 11th, March 11th at 10am  
Atlantic Cape Community College • Worthington Campus  
1535 Bacharach Blvd., Atlantic City, NJ  
**Family Event with Free Admission and Free Parking**

Arts and Culture have found a new home in the Midtown area of Atlantic City, NJ. I am personally inviting you as the curator of Second Saturday Midtown to join us for the launch of Second Saturday on January 14th, at 11am. The day will consist of professional artists and community artists engaging in projects on Second Saturdays with attendees. So if you always wanted to act? Join us for an improv session in our Actors Lounge. There will be opportunities for you to share and discuss poetry in our Poetry Lounge. We will also have an art contest and story telling contest. DJ Uriel and others will be on hand to show you how DJ's mix today in our music lounge. Plus we have other special guests. For more information, you can contact me at [Rtyler@SJCA.Net](mailto:Rtyler@SJCA.Net)





| MONDAY EVENING |                                                   |                              |                    |          |                                                            |                  |                   |                                             |                                        | JANUARY 16, 2023                       |                    |                   |           |  |
|----------------|---------------------------------------------------|------------------------------|--------------------|----------|------------------------------------------------------------|------------------|-------------------|---------------------------------------------|----------------------------------------|----------------------------------------|--------------------|-------------------|-----------|--|
|                | 6:00                                              | 6:30                         | 7:00               | 7:30     | 8:00                                                       | 8:30             | 9:00              | 9:30                                        | 10:00                                  | 10:30                                  | 11:00              | 11:30             | 12:00     |  |
| <b>3-CBS</b>   | News                                              | CBS                          | Inside Ed.         | ET       | Neighbor                                                   | Bob Heart        | NCIS "Bridges"    |                                             | NCIS: Hawai'i                          |                                        | News               | Late Show-Colbert |           |  |
| <b>6-ABC</b>   | News                                              | ABC                          | Jeopardy!          | Wheel    | NFL Football Dallas Cowboys at Tampa Bay Buccaneers. 📺     |                  |                   |                                             |                                        | News                                   | Jimmy Kimmel Live! |                   |           |  |
| <b>10-NBC</b>  | News                                              | NBC                          | News               | Holly    | America's Got Talent: All-Stars 📺                          |                  |                   |                                             | Quantum Leap 📺                         |                                        | News               | Tonight Show      |           |  |
| <b>17-MNT</b>  | Gold                                              | Big Bang                     | Big Bang           | Gold     | Mod Fam                                                    | Mod Fam          | Friends           | Friends                                     | Action News at 10                      |                                        | Paid Prg.          | Two Men           | Two Men   |  |
| <b>23-PBS</b>  | NJ Spotl                                          | Newsline                     | One/One            | NJ Spotl | Walking Victorian                                          |                  | Searching: Our    |                                             | Secrets of the Dead                    |                                        | NJ Spotl           | One/One           | World     |  |
| <b>29-FOX</b>  | The Six                                           | The Pulse                    | TMZ 📺              | You Bet  | Fantasy Island                                             |                  | Alert: Missing    |                                             | The 10 News                            |                                        | News               | Feed              | Extra     |  |
| <b>57-CW</b>   | FamFeud                                           | FamFeud                      | FamFeud            | FamFeud  | All American 📺                                             |                  | All American      |                                             | News Philly                            |                                        | Law & Order: SVU   |                   | Neighbor  |  |
| <b>A&amp;E</b> | The First 48 📺                                    |                              | The First 48 📺     |          | The First 48 📺                                             |                  | The First 48 📺    |                                             | The First 48 "M.I.A."                  |                                        | The First 48 📺     |                   | First 48  |  |
| <b>AMC</b>     | (5:57) Breaking Bad                               |                              | Breaking Bad 📺     |          | Breaking Bad "Confessions"                                 |                  |                   | Breaking Bad 📺                              |                                        | Breaking Bad 📺                         |                    | Breaking Bad 📺    |           |  |
| <b>CNN</b>     | Situation Room                                    |                              | E. B. OutFront     |          | Anderson Cooper                                            |                  | CNN Tonight 📺     |                                             | CNN Tonight 📺                          |                                        | CNN Tonight 📺      |                   | AC 360    |  |
| <b>DISC</b>    | (5:00) Street Outlaws                             |                              | Street Outlaws     |          | Street Outlaws "Texas Two-Step" (In Stereo) 📺              |                  |                   |                                             |                                        | Street Outlaws                         |                    | Outlaws           |           |  |
| <b>DISN</b>    | Sydney                                            | Sydney                       | Raven              | Raven    | "Zombies 3" (2022) 'NR' 📺                                  |                  |                   | Owl Hse.                                    | Owl Hse.                               | The Owl House 📺                        |                    | Ladybug           | Jessie    |  |
| <b>ESPN</b>    | Monday Night Countdown (Live) 📺                   |                              |                    |          | NFL Football Dallas Cowboys at Tampa Bay Buccaneers. 📺     |                  |                   |                                             |                                        | Postgame                               |                    | SportsCenter      |           |  |
| <b>ESPN2</b>   | SportsCenter 📺                                    |                              | SportsCenter 📺     |          | NFL Football: Cowboys at Buccaneers                        |                  |                   |                                             |                                        | Postgame                               |                    | Australian Open   |           |  |
| <b>FNEWS</b>   | Special Report                                    |                              | Jesse Watters      |          | Tucker Carlson                                             |                  | Hannity (Live) 📺  |                                             | The Ingraham Angle                     |                                        | Gutfeld! 📺         |                   | Fox News  |  |
| <b>FX</b>      | (5:00) ★★★½ "Green Book" (2018) 📺                 |                              |                    |          | ★★★½ "Hidden Figures" (2016) Taraji P. Henson. (In Stereo) |                  |                   |                                             |                                        | ★★★½ "Hidden Figures" 📺                |                    |                   |           |  |
| <b>HBO</b>     | "Shutter"                                         | The Last of Us (In Stereo) 📺 |                    |          | ★★½ "Death on the Nile" (2022) 'PG-13'                     |                  |                   |                                             | The Last of Us (In Stereo) 📺           |                                        | "King Wildern."    |                   |           |  |
| <b>HIST</b>    | History's Greatest Mysteries 📺                    |                              |                    |          | History's Greatest Mysteries 📺                             |                  |                   |                                             | History's Greatest Mysteries 📺         |                                        |                    |                   | Mysteries |  |
| <b>ION</b>     | Criminal Minds                                    |                              | Criminal Minds     |          | Criminal Minds                                             |                  | Criminal Minds    |                                             | Criminal Minds                         |                                        | Criminal Minds     |                   | Criminal  |  |
| <b>LIFE</b>    | Castle 📺                                          |                              | Castle 📺           |          | Castle 📺                                                   |                  | Castle "Overkill" |                                             | Castle 📺                               |                                        | Castle 📺           |                   | Castle    |  |
| <b>MAX</b>     | ★★½ "Indecent Proposal" (1993) 📺                  |                              |                    |          | ★★ "The Other Woman" (2014) (In Stereo)                    |                  |                   |                                             | ★★★ "Long Shot" (2019) Seth Rogen.     |                                        |                    |                   | "Dear     |  |
| <b>NBCSPA</b>  | Birds                                             | Birds                        | College Basketball |          |                                                            |                  | Fantasy Football  |                                             | Birds                                  | Fantasy Football                       |                    | Birds             | Hockey    |  |
| <b>NICK</b>    | The Tidal Zone                                    |                              | Loud               | Loud     | Sponge.                                                    | Sponge.          | Friends           | Friends                                     | Friends                                | Friends                                | Friends            | Friends           | Friends   |  |
| <b>PARMT</b>   | Law & Order "Fixed"                               |                              | Law & Order 📺      |          | Movie (In Stereo) 📺                                        |                  |                   |                                             |                                        | ★★★ "Dirty Dancing" (1987) (In Stereo) |                    |                   |           |  |
| <b>TBS</b>     | Sheldon                                           | Sheldon                      | Big Bang           | Big Bang | Big Bang                                                   | Big Bang         | Big Bang          | Big Bang                                    | Big Bang                               | Big Bang                               | American           | American          | American  |  |
| <b>TCM</b>     | ★★½ "Freedom on My Mind" (1994) 📺                 |                              |                    |          | "The Autobiography of Miss Jane Pittman"                   |                  |                   |                                             | ★★★★ "In the Heat of the Night" (1967) |                                        |                    |                   | "Cool     |  |
| <b>TNT</b>     | NBA Basketball Phoenix Suns at Memphis Grizzlies. |                              |                    |          |                                                            | Inside the NBA 📺 |                   | ★★★½ "Judas and the Black Messiah" (2021) 📺 |                                        |                                        |                    |                   | "Creed    |  |
| <b>USA</b>     | Chicago Fire                                      |                              | Chicago Fire       |          | WWE Monday Night RAW (In Stereo Live) 📺                    |                  |                   |                                             |                                        | Barmageddon                            |                    | Chi. Fire         |           |  |

| TUESDAY EVENING |                                         |                                  |                                                           |           |                                                       |           |                                                    | JANUARY 17, 2023                            |                                                |                                     |                     |                    |           |       |
|-----------------|-----------------------------------------|----------------------------------|-----------------------------------------------------------|-----------|-------------------------------------------------------|-----------|----------------------------------------------------|---------------------------------------------|------------------------------------------------|-------------------------------------|---------------------|--------------------|-----------|-------|
|                 | 6:00                                    | 6:30                             | 7:00                                                      | 7:30      | 8:00                                                  | 8:30      | 9:00                                               | 9:30                                        | 10:00                                          | 10:30                               | 11:00               | 11:30              | 12:00     |       |
| <b>3-CBS</b>    | News                                    | CBS                              | Inside Ed.                                                | ET        | FBI (In Stereo) 📺                                     |           | FBI: International                                 |                                             | FBI: Most Wanted                               |                                     | News                | Late Show-Colbert  |           |       |
| <b>6-ABC</b>    | News                                    | ABC                              | Jeopardy!                                                 | Wheel     | The Rookie                                            |           | The Rookie: Feds                                   |                                             | Will Trent (In Stereo)                         |                                     | News                | Jimmy Kimmel Live! |           |       |
| <b>10-NBC</b>   | News                                    | NBC                              | News                                                      | Holly     | Night                                                 | Night     | New Amsterdam                                      |                                             | New Amsterdam                                  |                                     | News                | Tonight Show       |           |       |
| <b>17-MNT</b>   | Gold                                    | Big Bang                         | Big Bang                                                  | Gold      | Mod Fam                                               | Mod Fam   | Friends                                            | Friends                                     | Action News at 10                              |                                     | Paid Prg.           | Two Men            | Two Men   |       |
| <b>23-PBS</b>   | NJ Spotl                                | Newsline                         | One/One                                                   | NJ Spotl  | Agatha Christie's Marple 📺                            |           |                                                    | Transcend                                   |                                                | NISO Concert                        |                     | NJ Spotl           | "One All" | World |
| <b>29-FOX</b>   | The Six                                 | The 215                          | TMZ 📺                                                     | You Bet   | The Resident                                          |           | Alert: Missing                                     |                                             | The 10 News                                    |                                     | News                | Feed               | Extra     |       |
| <b>57-CW</b>    | FamFeud                                 | FamFeud                          | FamFeud                                                   | FamFeud   | The Winchesters                                       |           | Mysteries Decoded                                  |                                             | News Philly                                    |                                     | Law & Order: SVU    |                    | Neighbor  |       |
| <b>A&amp;E</b>  | Neighbor.                               | Neighbor.                        | Neighbor.                                                 | Neighbor. | Neighbor.                                             | Neighbor. | Neighbor.                                          | Neighbor.                                   | Customer                                       | Neighbor.                           | Neighbor.           | Neighbor.          | Neighbor. |       |
| <b>AMC</b>      | (5:30) ★½ "Major League II" (1994) 📺    |                                  |                                                           |           | ★★½ "Major League" (1989) Tom Berenger. 📺             |           |                                                    |                                             |                                                | ★★★ "Fast Times at Ridgemont High"  |                     |                    |           |       |
| <b>CNN</b>      | Situation Room                          |                                  | E. B. OutFront                                            |           | Anderson Cooper                                       |           | CNN Tonight 📺                                      |                                             | CNN Tonight 📺                                  |                                     | CNN Tonight 📺       |                    | AC 360    |       |
| <b>DISC</b>     | Bering Sea Gold "Truce or Consequences" |                                  |                                                           |           | Bering Sea Gold "Diver's Ed" 📺                        |           |                                                    |                                             | Ice Cold Catch "Super Storm" 📺                 |                                     |                     |                    | Sea Gold  |       |
| <b>DISN</b>     | Ladybug                                 | Ladybug                          | Hamster                                                   | Big City  | Big City                                              | Big City  | Villains                                           | Villains                                    | Big City                                       | Hamster                             | Ladybug             | Ladybug            | Jessie    |       |
| <b>ESPN</b>     | SportsCenter 📺                          |                                  | College Basketball Teams TBA. (Live) 📺                    |           |                                                       |           | College Basketball Georgia at Kentucky.            |                                             |                                                |                                     | SportsCenter        |                    | SportCtr  |       |
| <b>ESPN2</b>    | Daily Wager 📺                           |                                  | College Basketball Teams TBA. (Live) 📺                    |           |                                                       |           | 2023 Australian Open Tennis Second Round. (Live) 📺 |                                             |                                                |                                     |                     |                    |           |       |
| <b>FNEWS</b>    | Special Report                          |                                  | Jesse Watters                                             |           | Tucker Carlson                                        |           | Hannity (Live) 📺                                   |                                             | The Ingraham Angle                             |                                     | Gutfeld! 📺          |                    | Fox News  |       |
| <b>FX</b>       | "Good-Die Hard"                         |                                  | ★★★ "Mission: Impossible Rogue Nation" (2015) Tom Cruise. |           |                                                       |           |                                                    |                                             | ★★★½ "Mission: Impossible -- Fallout" (2018) 📺 |                                     |                     |                    |           |       |
| <b>HBO</b>      | ★★ "Jennifer's Body" (2009) Megan Fox.  |                                  |                                                           |           | The Last of Us (In Stereo) 📺                          |           |                                                    | ★★ "Killer Elite" (2011) Jason Statham. 'R' |                                                |                                     | Hard Knocks         |                    |           |       |
| <b>HIST</b>     | Curse of Oak Island                     |                                  | Curse of Oak Island                                       |           | Digging Deeper                                        |           | Curse of Oak Island                                |                                             | Beyond Oak Island                              |                                     | Curse of Oak Island |                    | Digging   |       |
| <b>ION</b>      | Chicago Fire 📺                          |                                  | Chicago Fire 📺                                            |           | Chicago Fire 📺                                        |           | Chicago Fire 📺                                     |                                             | Chicago Fire 📺                                 |                                     | Chicago Fire 📺      |                    | Chi. Fire |       |
| <b>LIFE</b>     | Castle 📺                                |                                  | Castle "Punked"                                           |           | Castle 📺                                              |           | Castle "3XK" 📺                                     |                                             | Castle 📺                                       |                                     | Castle 📺            |                    | Castle    |       |
| <b>MAX</b>      | "Beynd                                  | "Extraction" (2015) Kellan Lutz. |                                                           |           | ★★★ "Fast Food Nation" (2006) 📺                       |           |                                                    |                                             | "Robin Hood: Men in Tights"                    |                                     |                     | ★★★ "71" (2014)    |           |       |
| <b>NBCSPA</b>   | Birds                                   | Pregame                          | NHL Hockey Anaheim                                        |           | Ducks at Philadelphia Flyers.                         |           |                                                    | Postgame                                    | NBA Basketball: 76ers at Clippers              |                                     |                     |                    |           |       |
| <b>NICK</b>     | Loud                                    | Loud                             | Loud                                                      | Big Nate  | Sponge.                                               | Sponge.   | Friends                                            | Friends                                     | Friends                                        | Friends                             | Friends             | Friends            | Friends   |       |
| <b>PARMT</b>    | Two Men                                 | Two Men                          | Two Men                                                   | Two Men   | ★★★ "Dirty Dancing" (1987) Jennifer Grey. (In Stereo) |           |                                                    |                                             |                                                | ★★★½ "Ghost" (1990) Patrick Swayze. |                     |                    |           |       |
| <b>TBS</b>      | Sheldon                                 | Sheldon                          | Sheldon                                                   | Sheldon   | Big Bang                                              | Big Bang  | Big Bang                                           | Big Bang                                    | Big Bang                                       | Big Bang                            | Sheldon             | Sheldon            | Sheldon   |       |
| <b>TCM</b>      | ★★½ "Mister Buddwing" (1966) 📺          |                                  |                                                           |           | ★★ "The Bachelor Father"                              |           |                                                    | ★★ "Five and Ten" (1931) Marion Davies.     |                                                |                                     |                     | "Blondie-Follies"  |           |       |
| <b>TNT</b>      | (5:00) "Game Night"                     |                                  | Tip-Off                                                   |           | NBA Basketball Toronto Raptors at Milwaukee Bucks.    |           |                                                    |                                             | NBA Basketball: 76ers at Clippers              |                                     |                     |                    |           |       |
| <b>USA</b>      | Law & Order: SVU                        |                                  | Law & Order: SVU                                          |           | WWE NXT (In Stereo Live) 📺                            |           |                                                    |                                             | Chicago P.D.                                   |                                     | Chicago P.D.        |                    | Chicago   |       |



| WEDNESDAY EVENING |                                          |                            |                                      |                                                   |                                                              |          |                      |         |                                                 | JANUARY 18, 2023                  |                        |                    |                   |  |
|-------------------|------------------------------------------|----------------------------|--------------------------------------|---------------------------------------------------|--------------------------------------------------------------|----------|----------------------|---------|-------------------------------------------------|-----------------------------------|------------------------|--------------------|-------------------|--|
|                   | 6:00                                     | 6:30                       | 7:00                                 | 7:30                                              | 8:00                                                         | 8:30     | 9:00                 | 9:30    | 10:00                                           | 10:30                             | 11:00                  | 11:30              | 12:00             |  |
| 3-CBS             | News                                     | CBS                        | Inside Ed.                           | ET                                                | Price Is Right                                               |          | Lingo                |         | Tough as Nails                                  |                                   | News                   | Late Show-Colbert  |                   |  |
| 6-ABC             | News                                     | ABC                        | Jeopardy!                            | Wheel                                             | Conners                                                      | Gold     | Abbott               | Home E. | Big Sky (DVS)                                   |                                   | News                   | Jimmy Kimmel Live! |                   |  |
| 10-NBC            | News                                     | NBC                        | News                                 | Holly                                             | Chicago Med                                                  |          | Chicago Fire         |         | Chicago P.D.                                    |                                   | News                   | Tonight Show       |                   |  |
| 17-MNT            | Gold                                     | Big Bang                   | Big Bang                             | Gold                                              | Mod Fam                                                      | Mod Fam  | S. Joyner            | Sports  | Action News at 10                               |                                   | Seinfeld               | Two Men            | Two Men           |  |
| 23-PBS            | NJ Spotl                                 | Newsline                   | One/One                              | NJ Spotl                                          | Gover                                                        | The Arts | Miss Scarlet         |         | All Creatures Great                             |                                   | NJ Spotl               | Class              | World             |  |
| 29-FOX            | The Six                                  | ClassH                     | TMZ                                  | You Bet                                           | Name That Tune                                               |          | Special Forces       |         | The 10 News                                     |                                   | News                   | Feed               | Extra             |  |
| 57-CW             | FamFeud                                  | FamFeud                    | FamFeud                              | FamFeud                                           | Penn & Teller                                                |          | Kung Fu "Rescue"     |         | News Philly                                     |                                   | Law & Order: SVU       |                    | Neighbor          |  |
| A&E               | The First 48                             |                            | The First 48                         |                                                   | The First 48                                                 |          | The First 48         |         | The First 48                                    |                                   | The First 48           |                    | First 48          |  |
| AMC               | (5:30) ★★½ "Major League" (1989)         |                            |                                      |                                                   | ★★★ "John Wick" (2014) Keanu Reeves.                         |          |                      |         | ★★★ "John Wick: Chapter 2" (2017) Keanu Reeves. |                                   |                        |                    |                   |  |
| CNN               | Situation Room                           |                            | E. B. OutFront                       |                                                   | Anderson Cooper                                              |          | CNN Tonight          |         | CNN Tonight                                     |                                   | CNN Tonight            |                    | AC 360            |  |
| DISC              | Moonshiners                              |                            | Moonshiners                          |                                                   | Moonshiners Richard races to salvage a damaged copper still. |          |                      |         |                                                 | Master Distiller                  |                        | Moon               |                   |  |
| DISN              | Ladybug                                  | Ladybug                    | Hamster                              | Big City                                          | Big City                                                     | Big City | Bunk'd               | Bunk'd  | Big City                                        | Hamster                           | Ladybug                | Ladybug            | Jessie            |  |
| ESPN              | SportsCenter                             |                            | NBA                                  | NBA Basketball Atlanta Hawks at Dallas Mavericks. |                                                              |          |                      |         | NBA Basketball: Timberwolves at Nuggets         |                                   |                        |                    |                   |  |
| ESPN2             | Daily Wager                              |                            | College Basketball Teams TBA. (Live) |                                                   |                                                              |          | 2023 Australian Open |         | Tennis Second Round. (Live)                     |                                   |                        |                    |                   |  |
| FNEWS             | Special Report                           |                            | Jesse Watters                        |                                                   | Tucker Carlson                                               |          | Hannity (Live)       |         | The Ingraham Angle                              |                                   | Gutfeld!               |                    | Fox News          |  |
| FX                | (5:00) "Mission: Impossible -- Fallout"  |                            |                                      |                                                   | ★★½ "S.W.A.T." (2003) Samuel L. Jackson.                     |          |                      |         |                                                 | ★★½ "S.W.A.T." (2003) (In Stereo) |                        |                    |                   |  |
| HBO               | "Hellboy"                                | The Last of Us (In Stereo) |                                      |                                                   | ★★ "Amsterdam" (2022) Christian Bale.                        |          |                      |         | ★★★½ "Hereditary" (2018) Toni Collette. 'R'     |                                   |                        |                    |                   |  |
| HIST              | American Pickers                         |                            | American Pickers                     |                                                   | American Pickers                                             |          | American Pickers     |         | Dirty Old                                       | Dirty Old                         | American Pickers       |                    | Pickers           |  |
| ION               | Blue Bloods "Blues"                      |                            | Blue Bloods                          |                                                   | Blue Bloods                                                  |          | Blue Bloods          |         | Blue Bloods                                     |                                   | Blue Bloods            |                    | Blue              |  |
| LIFE              | Wife Swap                                |                            | Married at First Sight               |                                                   | Married at First Sight                                       |          |                      |         | Married                                         |                                   | Married at First Sight |                    | Married           |  |
| MAX               | "The Command" (2018) (In Stereo)         |                            |                                      |                                                   | ★★★ "Pacific Rim" (2013) (In Stereo)                         |          |                      |         | ★★½ "Overboard" (1987) Goldie Hawn.             |                                   |                        |                    | "Lara             |  |
| NBCSPA            | Birds                                    | Birds                      | The Best Show Ever?                  |                                                   |                                                              |          |                      |         |                                                 |                                   | Birds                  | In. Golf           | Bensinger         |  |
| NICK              | Loud                                     | Loud                       | Slimetime                            | Loud                                              | Sponge.                                                      | Sponge.  | Friends              | Friends | Friends                                         | Friends                           | Friends                | Friends            | Friends           |  |
| PARMT             | Two Men                                  | Two Men                    | Two Men                              | Two Men                                           | Movie (In Stereo)                                            |          |                      |         |                                                 |                                   |                        |                    | Movie (In Stereo) |  |
| TBS               | Big Bang                                 | Big Bang                   | Big Bang                             | Big Bang                                          | All Elite Wrestling: Dynamite (Live)                         |          |                      |         | Power Slap: Road to                             |                                   | Sheldon                | Sheldon            | Sheldon           |  |
| TCM               | (5:45) ★★ "Revolution" (1985) Al Pacino. |                            |                                      |                                                   | ★★★ "The Blues Brothers" (1980) John Belushi.                |          |                      |         |                                                 | ★★★ "The Bank Dick" (1940)        |                        |                    | "Mad"             |  |
| TNT               | Lucifer (DVS)                            |                            | NHL                                  | NHL Hockey Boston Bruins at New York Islanders.   |                                                              |          |                      |         | NHL Hockey Dallas Stars at San Jose Sharks.     |                                   |                        |                    |                   |  |
| USA               | Law & Order: SVU                         |                            | Law & Order: SVU                     |                                                   | Law & Order: SVU                                             |          | Law & Order: SVU     |         | Law & Order: SVU                                |                                   | Law & Order: SVU       |                    | Law-SVU           |  |

| THURSDAY EVENING |                                         |          |                                      |                                     |                                                                     |          |                                                    |              |                                               | JANUARY 19, 2023         |                   |                    |          |                   |
|------------------|-----------------------------------------|----------|--------------------------------------|-------------------------------------|---------------------------------------------------------------------|----------|----------------------------------------------------|--------------|-----------------------------------------------|--------------------------|-------------------|--------------------|----------|-------------------|
|                  | 6:00                                    | 6:30     | 7:00                                 | 7:30                                | 8:00                                                                | 8:30     | 9:00                                               | 9:30         | 10:00                                         | 10:30                    | 11:00             | 11:30              | 12:00    |                   |
| <b>3-CBS</b>     | News                                    | CBS      | Inside Ed.                           | ET                                  | Sheldon                                                             | Ghosts   | So Help Me Todd                                    |              | CSI: Vegas                                    |                          | News              | Late Show-Colbert  |          |                   |
| <b>6-ABC</b>     | News                                    | ABC      | Jeopardy!                            | Wheel                               | Celebrity Jeopardy!                                                 |          | The Parent Test                                    |              | The Chase                                     |                          | News              | Jimmy Kimmel Live! |          |                   |
| <b>10-NBC</b>    | News                                    | NBC      | News                                 | Holly                               | Law & Order                                                         |          | Law & Order: SVU                                   |              | Law & Order                                   |                          | News              | Tonight Show       |          |                   |
| <b>17-MNT</b>    | Gold                                    | Big Bang | Big Bang                             | Gold                                | Mod Fam                                                             | Mod Fam  | Friends                                            | Friends      | Action News at 10                             |                          | Seinfeld          | Two Men            | Two Men  |                   |
| <b>23-PBS</b>    | NJ Spotl                                | Newsline | One/One                              | NJ Spotl                            | Finding Your Roots                                                  |          | The Black Church: This Is Our Story, This          |              |                                               | NJ Spotl                 | The Arts          | World              |          |                   |
| <b>29-FOX</b>    | The Six                                 | Kelly    | TMZ                                  | You Bet                             | Hell's Kitchen                                                      |          | Flatch                                             | Kat          | The 10 News                                   |                          | News              | Feed               | Extra    |                   |
| <b>57-CW</b>     | FamFeud                                 | FamFeud  | FamFeud                              | FamFeud                             | Walker "Buffering"                                                  |          | Walker Ind.                                        |              | News Philly                                   |                          | Law & Order: SVU  |                    | Neighbor |                   |
| <b>A&amp;E</b>   | The First 48                            |          | The First 48                         |                                     | The First 48                                                        |          | Accused: Guilty                                    |              | Taking the Stand                              |                          | The First 48      |                    | First 48 |                   |
| <b>AMC</b>       | (5:45) *** "John Wick" (2014)           |          |                                      |                                     | *** "John Wick: Chapter 2" (2017) Keanu Reeves.                     |          |                                                    |              | "John Wick: Chapter 3 -- Parabellum"          |                          |                   |                    |          |                   |
| <b>CNN</b>       | Situation Room                          |          | E. B. OutFront                       |                                     | Anderson Cooper                                                     |          | CNN Tonight                                        |              | CNN Tonight                                   |                          | CNN Tonight       |                    | AC 360   |                   |
| <b>DISC</b>      | (5:00) BattleBots                       |          | BattleBots                           |                                     | BattleBots "Strike While the Bot's Hot"                             |          |                                                    |              | BattleBots (In Stereo) (DVS)                  |                          |                   |                    | Battle   |                   |
| <b>DISN</b>      | Ladybug                                 | Ladybug  | Hamster                              | Big City                            | ★½ "Gnomeo & Juliet" 'G'                                            |          |                                                    | Hamster      | Big City                                      | Hamster                  | Ladybug           | Ladybug            | Jessie   |                   |
| <b>ESPN</b>      | SportsCenter                            |          | College Basketball Teams TBA. (Live) |                                     |                                                                     |          | NHL Hockey Tampa Bay Lightning at Edmonton Oilers. |              |                                               |                          | SportsCenter      |                    |          |                   |
| <b>ESPN2</b>     | Daily Wager                             |          | College Basketball Teams TBA. (Live) |                                     |                                                                     |          | 2023 Australian Open Tennis Third Round. (Live)    |              |                                               |                          |                   |                    |          |                   |
| <b>FNEWS</b>     | Special Report                          |          | Jesse Watters                        |                                     | Tucker Carlson                                                      |          | Hannity (Live)                                     |              | The Ingraham Angle                            |                          | Gutfeld!          |                    | Fox News |                   |
| <b>FX</b>        | ★★ "Monster Hunter" (2020, Fantasy)     |          |                                      |                                     | *** "Zombieland" (2009) (In Stereo)                                 |          |                                                    |              | *** "Zombieland" (2009) (In Stereo)           |                          |                   |                    | "Dead"   |                   |
| <b>HBO</b>       | ★★ "Reminiscence" (2021) 'PG-13'        |          |                                      |                                     | ★★½ "The Man From U.N.C.L.E." (2015)                                |          |                                                    |              | The Last of Us (In Stereo)                    |                          | "Miller-Sin City" |                    |          |                   |
| <b>HIST</b>      | Pawn Stars                              |          | Swamp People                         |                                     | Swamp People "Pig Head"                                             |          |                                                    | Swamp People |                                               | Swamp People "Gator War" |                   |                    | Swamp    |                   |
| <b>ION</b>       | Chicago P.D.                            |          | Chicago P.D.                         |                                     | Chicago P.D.                                                        |          | Chicago P.D.                                       |              | Chicago P.D.                                  |                          | Chicago P.D.      |                    | Chicago  |                   |
| <b>LIFE</b>      | Castle                                  |          | Castle                               |                                     | ★★ "How to Lose a Guy in 10 Days" (2003) Premiere.                  |          |                                                    |              | "No One Would Tell" (1996)                    |                          |                   | "How               |          |                   |
| <b>MAX</b>       | ★★ "The Other Woman" (2014) (In Stereo) |          |                                      |                                     | ★ "12 Rounds" (2009) John Cena.                                     |          |                                                    |              | "12 Rounds 2: Reloaded"                       |                          | *** "Nobody"      |                    |          |                   |
| <b>NBCSPA</b>    | Birds                                   | Pregame  | NHL Hockey: Blackhawks at Flyers     |                                     |                                                                     |          |                                                    | Postgame     | NBA Basketball: 76ers at Trail Blazers        |                          |                   |                    |          |                   |
| <b>NICK</b>      | The Tidal Zone                          |          | Loud                                 | Fairly                              | Slimetime                                                           | Sponge.  | Friends                                            | Friends      | Friends                                       | Friends                  | Friends           | Friends            | Friends  |                   |
| <b>PARMT</b>     | Two Men                                 | Two Men  | Two Men                              | Two Men                             | ***½ "Zero Dark Thirty" (2012, Drama) Jessica Chastain. (In Stereo) |          |                                                    |              |                                               |                          |                   |                    |          | "American Sniper" |
| <b>TBS</b>       | Sheldon                                 | Sheldon  | Sheldon                              | Sheldon                             | Big Bang                                                            | Big Bang | Big Bang                                           | Big Bang     | Big Bang                                      | Big Bang                 | NFL Tailgate      |                    | "Repla   |                   |
| <b>TCM</b>       | (4:15) "Doctor Zhivago" (1965)          |          |                                      | "Paster                             | *** "Crossing Delancey" (1988)                                      |          |                                                    |              | *** "Over the Brooklyn Bridge" (1984)         |                          |                   |                    | "Girl    |                   |
| <b>TNT</b>       | "The Blind Side"                        |          | Tip-Off                              | NBA Basketball: Warriors at Celtics |                                                                     |          |                                                    |              | NBA Basketball Brooklyn Nets at Phoenix Suns. |                          |                   |                    |          |                   |
| <b>USA</b>       | Law & Order: SVU                        |          | Law & Order: SVU                     |                                     | ★★½ "Olympus Has Fallen" (2013) Gerard Butler.                      |          |                                                    |              | ★★ "Angel Has Fallen" (2019) (DVS)            |                          |                   |                    |          |                   |



# CHARACTER Of The Week

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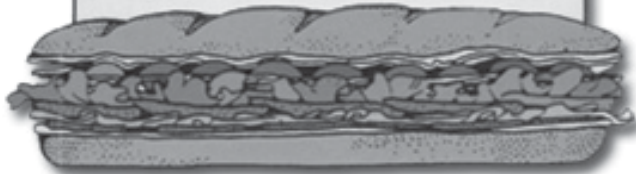
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## SPORTS STUMPERS

### Athlete pitchmen

By George Dickie

#### Questions:

- 1) What Pro Football Hall of Famer once shaved his legs and donned pantyhose for an ad?
- 2) This strikeout king once pitched a pain reliever. Name him.
- 3) An electric grill is what this former heavyweight champion has endorsed. Who is he?
- 4) What Hall of Fame catcher encouraged viewers to dial in to a long-distance phone service?
- 5) This NFL great, and former convict, ran through airports to a car-rental agency. Can you name him?
- 6) Which NFL tough guy has endorsed the products of an electronics-store chain?
- 7) These home run-hitting teammates took a nick-

name, "The M&M Boys," based on a candy they endorsed. Name them.

- 8) What Olympic skier once pitched lip balm?
- 9) Beer was the subject of an ad that saw this baseball owner "fire" this manager. Who were they?
- 10) This Yankee great once endorsed several brands of cigarettes. Name him.

#### Answers:

- 1) Joe Namath
- 2) Nolan Ryan
- 3) George Foreman
- 4) Mike Piazza
- 5) O.J. Simpson
- 6) Howie Long
- 7) Mickey Mantle and Roger Maris
- 8) Suzy Chaffee
- 9) George Steinbrenner, Billy Martin
- 10) Joe DiMaggio

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**1**

### SUNDAY

**3**

**9.5**

**7**

### MONDAY

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