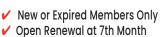




PAGE 2

### 6 MONTHS \$991 Gym Membership

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### "In My Opinion" by Nancy Adler



Nancy Adler Nutrition is the recipient of the Gold Award in The Best of the Press 2020, 2021 & 2022 Readers Choice Awards! Thank you to all who voted!

Nancy Adler is a Certified Nutrition and Fitness Instructor. She specializes in nutrition, weight loss control and sports specific nutrition for all ages.

Nancy will create a personalized nutrition plan just for you to help you reach your goals.

You may listen to Nancy every Saturday 11 am-1 pm: Nancy Adler Nutrition LIVE! NewsTalk 1400 WOND radio.

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

### NUTRITION, WEIGHT LOSS & FITNESS

### FRESH CHICKEN SALAD

4 oz chicken breast cooked and cubed 1/2 cup fresh apple, cubed 1/3 cup Craisins 1/4 cup raw almonds, chopped or slithered 1 container Greek yogurt (plain) 1 tbsp. lite mayo 1/2 tsp lite soy sauce



Mix all ingredients together and enjoy! Eat alone or spread onto whole wheat bread, pita or whole wheat wrap.

Serves 3

Nutritional info per serving: Fat 6.2 grams Carbs 18.1 grams Calories 187.2 Protein 14.9 grams



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



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

TROPICANA: 3/14 - ALL ABOUT JOEL – MUSICAL TRIBUTE TO BILLY JOEL 4/6 - BEST OF THE EAGLES

#### HAKRAH'S: 2/23 & 24 - THE FAB FOUR -THE ULTIMATE TRIBUTE 4/12 - WHOSE LIVE ANYWAY? 4/27 - ROBYN SCHALL 5/3 - TODD RUNDGREN

1	2	3		4	5	6	7	14	8	9	10
13	*		17	12					13 *		
14			15			10		16			1
		17					18	1	-		
19	20					-	-	21		22	23
24		TT.			What	Arizo	na			25	
26			1.00	12	Wya	elebra tt Ear innua	р			27	E
28 *		29		1 "	ayə c	innua	ity i	30	31		
		32		33			34	-			
35	36		-	-	37	38				39	40
41	*			42		-			43		1
44	-	-		45	-	-	-		46 *	-	-

The solution to the question is found within the answers in the puzzle. In order to discover this hidden solution, unscramble the letters noted with asterisks within the puzzle.

#### Across

- Laugh sound
- 4. Detective's assignment
- 8. Settle a debt
- 11. Online cousin of "just saving"
- 12. Security for a debt
- 13. Diamond stat
- 14. Mild cheese
- 17. Gut reaction?
- 18. "Better Call Saul" channel
- Auto dealer's abbr.
   Bit of sweat
- 24. Nervous speaker's sound
- 25. To one side
- 26. Depart
- 27. Happen
- 28. In the mail
- 30. Use the library
- 32. "How awful!"
- 34. Quandary
- 35. Admitted one's mistake
- 41. Bird of myth
- 42. Nettle
- 43. Previously
- 44. Flock member
- 45. Info
- 46. Paddle

#### <u>Down</u>

- 1. Self starter?
- 2. Music genre
- 3. Accept
- 4. Musical sign

- 5. Lungful
- 6. Date
   7. "Orinoco Flow" singer
- 8. Christmas wish
- 9. Rainbow's shape
- 10. Jabber
- 15. Dynamite
- 16. "Peter Pan" author
- 19. Acts clownishly
- 20. Loafer, e.g.
- 22. "Mamma Mia!" band
- 23. Turned blue, maybe
- 29. Meena Harris, to
- Kamala
- 31. An American in Paris, say
- 33. Many a Kirkuk resident
- 34. Dog biter
- 35. "Blessed \_\_\_\_ the pure in heart ..."
- 36. Pull
- 37. Soccer standout Hamm
- 38. Deli order
- 39. Supermarket chain inits.
- 40. Extended period

Tombstone

					2.4		9				
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Y	A	d		Э	S	A	С		н	Ξ	н







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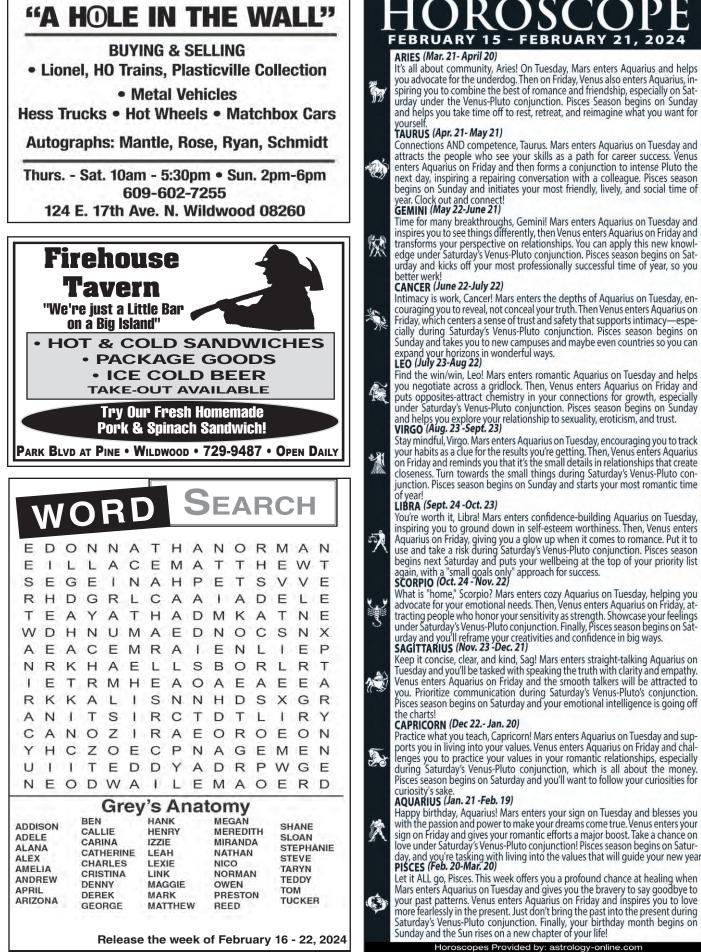
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2024



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MONDAY: Monday Munchy Madness ~ Trivia starts at 8pm • \$5 High Noons TUESDAY: Tequila Tuesdays ~ Karaoke starts at 9pm • \$5 Cuervo Cocktails WEDNESDAY: Whiskey Wednesdays with Brandon Ireland Solo THURSDAY: Thirsty Thursdays • Poker 7-10pm FRIDAY: \$5 Fridays ~ All Day • \$5 Tito's Drinks • \$5 Guinness SATURDAY: The Quietmen 8-11pm SUNDAY: Sunday Funday with Live Jazz starting at 2pm

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The need is constant. The gratification is instant. Give blood.



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## IF INTERESTED, CALL MICHAEL (609) 338-8156









Luke loves to play outside, going to the beach in the summer & visiting his dad at Dino's Subs in Margate.















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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

#### Atlantic City Library Celebrates Black History Month

Those who visit the Main Library – located at 1 North Tennessee Ave. - this month will see some new additions in celebration of Black History Month. The banner highlights three prominent African Americans in Atlantic City history: Sara Spencer Washington, William K. Cheatham and Dr. Ámaza Lockett. Inside the library, there are 20 posters on display with photos and text of local African-American individuals or organizations that have impacted Atlantic City. Some of featured posters include: Club Harlem, JoAnna LaSane, John Henry "Pop" Lloyd and Mayor James L. Usry. For those who want to look for all 20 posters, stop by the Help Desk for a checklist. The library also has posters at its Richmond Branch (4115 Ventnor Ave.) and at City Hall. The poster photos and text are from the library's Atlantic City Heritage Collections. In addition to viewing the posters at one of the library locations or City Hall, they will be available on the Heritage Collections' Facebook and Instagram pages. The library staff has also created special displays with books and movies related to Black History Month – and there many more resources available to the public online. The library will hold another of its Black Stories Matter: Virtual Book Club programs in February. The club will meet via Zoom on Feb. 27 at 4 p.m. Please call (609) 345-2269, ext. 3075, to register for the program and receive a free copy of that month's featured book, while supplies last.

## **TIDE TABLE**

#### TIDES FOR ATLANTIC CITY STARTING WITH FEBRUARY 15, 2024

Day		High	Tide	Height	Sunrise	Moon	Time		% Moon
		/Low	Time	Feet	Sunset				Visible
Th	15	Low	5:42 AM	-0.1	6:58 AM	Rise	9:59	AM	29
	15	High	11:41 AM	3.7	5:34 PM				
	15	Low	5:52 PM	-0.2					
F	16	High	12:19 AM	4.2	6:49 AM	Set	12:45	AM	40
	16	Low	6:48 AM	0.1	5:35 PM	Rise	10:31	AM	
	16	High	12:44 PM	3.3					
	16	Low	6:50 PM	0.0					
Sa	17	High	1:24 AM		6:47 AM	Set	1:55	AM	51
	17	Low	7:59 AM	0.3	5:36 PM	Rise	11:10	AM	
	17	High	1:54 PM	3.0					
	17	Low	7:52 PM	0.3					
su	18	High	2:33 AM	4.8	6:46 AM	Set	3:01	AM	61
	18	Low	9:09 AM	0.4	5:37 PM	Rise	11:57	AM	
	18	High	3:05 PM	2,9					
	18	Low	8:57 PM	0.4					
м	19	High	3:38 AM		6:45 AM		4:01		71
	19	Low	10:12 AM	0.3	5:38 PM	Rise	12:51	PM	
	19	High	4:10 PM	2.9					
	19	Low	9:58 PM	0.3					
Tu	28	High	4:36 AM	4.1	6:44 AM	Set	4:51	AM	80
	28	Low	11:07 AM	0.2	5:40 PM	Rise	1:51	PM	
	20	High	5:05 PM	3.1					
	20	Low	10:52 PM	0.3					
N	21	High	5:25 AM		6:42 AM	Set	5:32	AM	87
	21	LOW	11:54 AM		5:41 PM	Rise	2:54	PM	
	21	High	5:51 PM	3,2					
	21	Low	11:40 PM	0.1					

South Jersey Matters is Dedicated In Loving Memory of My Wonderful Mom Annell "Nancy" Cohen 2/26/30 - 6/19/98





On Her 94th Birthday - February 26, 2024 Wonderful Wife, Mother, Ventnor AARP's Woman of the Year 1998 and Past Vice President, long-time member of Atlantic Lodge No. 98, Knights of Pythias-Women's Auxiliary and devoted member of RNS Cancer and Heart Fund.

Loved, Very Sadly Missed & Remembered by Your Loving Son, Todd Cohen

#### Fun Facts about the Daytona 500

The Daytona 500 is Known as "The Great American Race" - Every year, the Daytona International Speedway hosts this legendary NASCAR Cup Series race, attracting fans from all over the country.

It is the Most Prestigious Race in NASCAR - The Daytona 500 is considered the crown jewel of NASCAR and serves as the season-opening race.

The Race Covers a Distance of 500 Miles - Drivers compete for 200 laps around the 2.5-mile-long Daytona International Speedway.

The Process Took Over a Year - It took 15 months to build Daytona International Speedway. Ground broke in November 1957, and it opened for business in February 1959.

It's One of the Largest of Its Kind - The speedway is one of the largest outdoor stadiums in the U.S. It includes 11 social areas, known as neighborhoods, each measuring the size of a football field.

The Size of the Earth Mattered - Daytona International Speedway measures nearly 1 mile, and developers had to take the curvature of the Earth into account.

Houses the Most Stadium Escalators - Getting around is easy with 17 elevators and 40 escalators, the most in the U.S. of outdoor stadium escalators.

See Concerts and More - The track serves as a multipurpose venue, hosting everything from country music festivals to motorcycle shows.

Bike Week Draws Big Crowds - Bike Week is one of the most popular events, and the event has been running for more than 70 years. Bike Week at Daytona features vendors, expert riders, free demo rides and supercross events. Midway entrance is free during Bike Week.

Hosted Races for Nearly 60 Years - The first race held at the track was the Daytona 500 in 1959, and the speedway began hosting the Daytona 200 in 1961.

Legends Are Made Here - Dale Earnhardt Sr. won the most races at the

speedway, with a whopping 34 wins. Only three drivers have won the Daytona 500 and Rolex 24; Jamie McMurray, Mario Andretti and AJ Foyt.

The Race has had Multiple Weather-Related Delays - Due to its February schedule, the Daytona 500 has experienced rain delays, leading to unforgettable moments and suspense among fans.

The average speed of the winning car is usually over 150 mph - With high-powered engines and skilled drivers, the Daytona 500 is a fast-paced race where cars reach incredible speeds.

The Winner of the Daytona 500 Receives a Substantial Prize Money - In addition to the Harley J. Earl Trophy, the champion of the Daytona 500 also earns a significant monetary prize, making it a highly coveted victory.

Visiting Daytona International Speedway

Renovations Add More Space - The stadium seats more than 100,000 racing fans. A major renovation project has led to more than 60 trackside suites and doubled the number of restrooms.

Tour the Speedway - Guests can tour Daytona International Speedway on special dates and times. Check the schedule to plan a tour.

Or Get in the Driver Seat - The NASCAR Driving Experience gives visitors a chance to ride along or get in the driver seat. The event is multiple times a month, excluding March.

Camping Is Encouraged - When camping, vehicles must be less than 8 feet in height and 20 feet in length. Pets are allowed at the GEICO Park West and GEICO Infield RV and in camping areas.

Share Experiences Easily - It's easy to share the full Daytona racing experience at the speedway. Visitors can also enjoy free Wi-Fi throughout the stadium, Midway and fan zones.

### Recipe of the Week

by Chef Chip

### ASIAN OSTRICH/EMU MEATBALLS

#### **INGREDIENTS:**

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

#### PREPARATION:

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



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

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











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## ATLANTIC COUNTY



Name and Location: II Verdi Restaurant is located inside the Tropicana Casino and Resort, at 2831 Boardwalk, Atlantic City

Hours of Operation: Wednesday, Thursday, and Sunday from 5pm-9pm; Friday and Saturday from 5pm-10pm



**Parking Directions/Tips:** Tropicana offers both self-parking as well as valet for your convenience at \$10.00 per visit with unlimited in and out parking privileges. Guests not requiring overnight accommodations are subject to a \$10.00 self-parking fee or a \$15.00 valet parking fee.



What does your venue specialize in? Ranked one of the top overall restaurants in Atlantic City by OpenTable, il Verdi has offered delicious, authentic Italian cuisine for over 40 years, including handmade pasta and other Italian delicacies.

What is the current reason one MUST come to your venue? We have one of the most breathtaking ocean views, and the BEST happy hour in town! Greater Atlantic City Concierge Association's Hot Spot: Il Verdi Submitted by: Judy Brenna, GACCA Communications Director Catering & Events Director, Blue Dog Hospitality Group

What is your secret favorite that the crowds have yet to discover? You may never think to order a pork chop in an Italian restaurant but if you try ours, you will never forget the flavors. To die for!

Why is your venue a necessary part of Atlantic City? Aside from our long-standing history, serving authentic Italian cuisine, our restaurant offers a beautiful ambiance that can be an essential part of any social or business gathering. We have outside seating in the summer that offers dining directly above the boardwalk. Only a few restaurants in the city can be proud to offer this type of dining experience.



**Do you have any weekly specials?** Indulge in a true Italian Happy Hour at il Verdi. The perfect setting to unwind with friends over refreshing cocktails and tasty bites. We have an incredible happy hour every day we are open from 5-6:30pm at the bar and the bar area. Check out our Happy Hour Menu featuring fan favorites like our Fried Calamari with Hot Cherry Peppers, San Marzano Marinara and Meyer Lemon Aioli, Antipasti Misti with Chef's Selection of 1 Salumi & 1 Formaggi and Seasonal Accompaniments and drink specials on domestic/imported beer, house/select/premium wines, Aperol Spritz or Red Sangria.





## ATLANTIC COUNTY

#### Girl Abroad by Elle Kennedy

New York Times bestselling author Elle Kennedy delivers tension, plot twists, and a dose of humor in her latest novel, Girl Abroad, the author's newest standalone offering. This fun & lively tale takes place – you guessed it- abroad (London, to be specific) and is centered around Abby Bly, a former rock star's daughter who has been kept under close watch up until her semester abroad.

Cutting loose from a strict upbringing, Abby finds herself in scandals, romantic entanglements, and unexpected adventures as she meets a new cast of characters in the UK. Finally free from her father's fame & strict rules, Abbey meets twists & turns aplenty in the form of an unexpected love interest (did we mention he's her roommate?), a mysterious scandal featuring a high-profile British family, and a love triangle she didn't see coming.

#### A Love Song for Ricki Wilde by Tia Williams

Tia Williams, bestselling author of Seven Days in June has returned to tell an enchanting story of history, art and one life-changing February. Emily Henry calls this one "Funny, sexy, and breathtakingly romantic".

In modern Harlem, where the magic and effects of the Renaissance still linger, Ricki Wilde moves into a brownstone and hopes for a chance at a fresh beginning. Now that she's left behind her socialite family who are members of a powerful Atlanta dynasty, her dream to open a flower shop can finally come true.

When Ricki encounters a mysterious musician with whom her life is uniquely and irreversibly linked, her world is knocked off balance.

#### The Catch by Amy Lea

"Overboard", anyone? The Catch starts with a meet-cute right out of a rom-com movie. An uptight Boston fashion influencer meets a grumpy, gruff fisherman in this opposites-attract feel-good piece of fiction, the latest from author Amy Lea.

Highly-Anticipated New Releases,

Just in Time for Valentine's Day

In an attempt to bring herself back into the spotlight, influencer Melanie Karlsen heads to a rural Canadian fishing village for some serious 'me time' – plus photo-ops. She certainly isn't expecting to butt heads with Evan, a burly and bearded fisherman with a bad attitude who just happens to own the inn where she's staying.

The plot thickens when a boating accident renders Evan unconscious – just long enough for his family to get the wrong end of the stick, and mistake Melanie for his fiance. As we come to find out, Mel & Evan both have a few things to gain by going along with this unexpected misunderstanding and decide to play along. Cue the cozy campfires, romantic strolls through nature, and love 'in the wild', and these two may not be pretending for much longer.

#### The Spy and I by Tiana Smith

If you're looking to raise your heart rate in more ways than one, this spy romance from debut author Tiana Smith will do just the trick.

Dove Barkley is on the run, roped into a dangerous government mission. The only issue? They've mistaken her for her sister, an actual undercover CIA operative — but it's too late now that Dove is involved. Now, she's paired up with Mendez, her sister's partner who she's not quite sure she can trust. But Mendez is smart, capable, and distractingly attractive.

With a team of trained assassins after her, evidence that can help prevent a national tragedy, and a growing suspicion of Mendez, can Dove step into her sister's shoes and protect what's important?

SATU	RDAY	AFTEF	RNOON							F	EBRU/	ARY 17	, 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Hope-Wild	Paid Prog.	Preview	Basketball	Texas at Ho	ouston (N) (L	_ive)	PGA Tour	Golf The Ge	enesis Invita	tional, Third	Round (N) (	Live)
6-ABC	oh baby!	Pregame	NHL Hocke	ey Los Ange	les Kings at	Boston Brui	ns (N)	NHL Hock	ey Edmonto	n Oilers at D	allas Stars (	N) (Live)	
10-NBC	Wild Child	Paid Prog.	Soccer Ma	nchester Cit	y vs. Chelse	a (N) (Live)	Goal Zone	Flag Footb	oall (N)	Track U.S.	Indoor Char	mpionships (	(N) (Live)
17-MNT	Draft	Medicare	Paid Prog.	Pawn Stars	Pawn Stars	Chicago "E	rin's Mom"	Mod Fam	Mod Fam	Big Bang	Big Bang	Sheldon	Basketball
23-PBS	(11:00) <b>You</b>	, Happier W	/ith	Young For	ever With N	lark Hyman	, MD	Suze Orma	an's Ultimat	NJ Busin	State-Aff		
29-FOX	Paid Prog.	Tip-Off (N)	Basketball	Creighton a	t Butler (N)	(Live)	Hoops (N)	Basketbal	Marquette a	at Connectic	ut (N) (Live)	Hoops (N)	Basketball
	0		day Mornin			Raw Travel	World's	Sports College Basketball					Athlete
A&E	(11:00) <b>Zo</b>	Everything	Everything	Road Wars	6	Road Wars	;	Road Wars	S	The First 4		First 48 "Ba	
	· · · ·	( )	Olivia Thirlby				, ,	n Freeman, I	Bruce Willis.		<u></u> \$*★ Red 2		
CNN	(11:00) <b>Ho</b>	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	sroom (N)	CNN News	room (N)	CNN News	room (N)
DISC	(11:00) <b>Ex</b>	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	n Unknown	Expedition	Unknown	Expedition	Unknown
DISN		Ladybug	, 0	, ,			Bluey	Bluey	Bluey	• •	• •	• •	Big City
ESPN	(10:00) Ga College Basketball Teams TBA (N) (Live)					Basketball		rida State (I	N) (Live)		Kansas at C	,	, ,
ESPN2	· /		Wake Fores		()())	College Ba					etball Iowa S		as (N)
	(11:00) <b>Ca</b>		()()	Fox News	( ) ( )	Fox News	()())		ditorial (N)		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	The Five	
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	(11:00) <b>♀ C</b>		₩*** The	-	ingle ('50)			Barefoot	Contessa ('5	54) Humphre	ey Bogart. Provide The Big Country		
TNT	. ,		ity Blues ('9	,		College Ba					Basketball		Pregame
USA	(10:00) <b>So</b>	Premier	Basketball	Richmond a	at George W	ashington	Basketball	Saint Jose	oh's at Duqu	esne (N)	911 Crisis	Chicago Fi	re

#### SATURDAY EVENING **FEBRUARY 17, 2024** 6 PM 6:30 7 PM 8 PM 8:30 9 PM 9:30 10 PM 10:30 11 PM 12 AM 7:30 11:30 (3:00) PGA Tour Golf Inside Ed. NCIS: Hawai'i 3-CBS News (N) The Equalizer 48 Hours (N) News (N) :35) Draft Equalizer THON NHL Hockey Philadelphia Flyers vs. New Jersey Devils (N) (Live) News (N) News (N) WorldNe. Wheel News (N) Jeopardy 6-ABC News (N) NBC News Paid Prog. 1st Look America's Got "Final Performances' Saturday Night Live News (N) Saturday Night Live 10-NBC Action News at 10 (N) Philler Delco Duo Mom (5:30) College Basketball :45) College Basketball NC State at Clemson (N) (Live) 17-MNT Celebrity Trip Reporters Chat Box NYC Arts State/Arts Old House Old House Agatha "Murder at the Vicarage" (:35) Luna & Sophie 23-PBS News (N) The Floor Kelly 29-FOX (5:30) College Basketball Hoops (N) Basketball Michigan State at Michigan (N) FamFeud FamFeud Fast: Home Rescue Gallen of Black (N) Equalizer "Aftermath" SEAL Team WOW - Women Neighbor 57-CW The First 48 "I Killed" First 48 "Back Street" First 48 "Road Rage" The First 48 "Monster The First 48 (:05) The First 48 (:05) First48 A&E ★★ Armageddon ('98) Billy Bob Thornton, Liv Tyler, Bruce Willis. State Cast Away Helen Hunt, Tom Hanks. AMC (4:30) <sup>•</sup> ★ ★ Red 2 CNN Newsroom (N) **CNN Spec** CNN Spec CNN Newsroom (N) CNN Spec CNN Spec CNN Spec CNN Expedition Unknown Expedition Unknown Expedition Unknown Expedition Unknown Expedition Unknown Expedition Unknown Expedition DISC Big City Big City Hailey Chibiverse Marvel's Marvel's Kiff Kiff Kiff Ladybug Hailev Kiff Kiff DISN Basketball Kentucky at Auburn (N) (Live) UFC 298 - Prelims (N) (Live) Basketball Colorado at USC (N) (Live) SportCtr ESPN Basketball Baylor at West Virginia (N) (Live) Basketball Yale at Princeton (N) (Live) SportCtr (N) (Live) SportCtr (N) (Live) Basketbal ESPN2 Fox Report (N) (Live) Weekend (N) (Live) Life, Liberty (N) One Nation (N) Saturday Night (N) Gutfeld! Weekend FNEWS (4:30) 😤 Iron Man 2 \*\*★★ Spider-Man: No Way Home ('21) Zendaya, Tom Holland. FX (:05) ♥★★★ Up in the Air ('09) To Be Announced :25) True Detective "Part 5" RealTime HBO Enthusias. The UnXplained The UnXplained The UnXplained (:05) The UnXplained (:05) The UnXplained UnXplain.. The UnXplained HIST Law & Order: SVU Law & Order: SVU Law & Order: SVU ION Law & Order: SVU Law & Order: SVU Law & Order: SVU Law-SVU A Widow Seduced ('23) Natalie Brown. The Beach House Murders ('24) (P) (:05) " Woman With the Red Lipstick ('24) Movie (:20) 😤 Barely Lethal ('15) Hailee Steinfeld. \*\*★ Ronin ('98) Jean Reno, Robert De Niro. Standits ('01) Bruce Willis. Movie MAX Lacrosse Philadelphia Wings at Las Vegas Desert Dogs College Wrestling Pennsylvania at Princeton Wm. Basketball NBCSPA Birds Life (N) State of the s RockPaper Friends Friends Friends Movie Friends Friends Friends NICK (5:30) Yell.. Yellowstone PARMT Yellowstone :35) Yellowstone (:35) Yellowstone Yellowstone :35) Yellowstone (5:00) \*\*\*\* Black Panther ('18) Big Bang Pet Tricks Pet Tricks Big Bang Big Bang Big Bang Big Bang **₩★★ Aquaman** ('18) TBS (:15) \*\*\*\* The More the Merrier ('43) Movie (5:00) <sup>•</sup> ★ ★ ★ The Big Country ('58) ★★★★★ How Green Was My Valley ('41) TCM (5:30) All-Star Saturday Pregame (N) (Live) 2024 NBA All-Star Saturday Night (N) (Live) To Be Announced To Be Announced IND Chicago Fire (N) Chicago Fire Chicago Fire (N) Chicago Fire (N) Chicago Fire (N) Chicago Fire (N) Chi. Fire USA

SUND	AY AF	TFRNC								F	FBRU	ARY 1	8, 2024	
COND			12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
3-CBS	Paid Prog.	PBR Los A	ngeles (N)	Basketball	Purdue at C	Dhio State (N	I) (Live)	PGA Tour	Golf The Ge	enesis Invita	tional, Final	Round (N)	(Live)	
6-ABC	Inside	GameDay	(N) (Live)	Wm. Baske	tball Georg	ia at South (	Carolina (N)	NHL Hocke	<b>ey</b> New York	Rangers vs	s. New York	Islanders (	N) (Live)	
10-NBC	Discover	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Chasing G	old	Freestyle S	Ski.	FIS Cross-	Country	NFL Spec	ial (N)	
17-MNT	Paid Prog.	Wm. Baske	etball Georg	ia Tech at N	C State (N)	This Week	In Focus	Friends	Friends	Two Men	Two Men	Philler	Paid Prog.	
23-PBS	Think Tank	State-Aff	Suze Orma	n's Ultimate	e Retiremer	nt Guide	America's	Home Cool	king: Easy F	Recipes				
29-FOX	Paid Prog.	Paid Prog.	Paid Prog.	NASCAR R	aceDay (N)	(Live)	2024 Dayto	ona 500 (N)	(Live)		•			
57-CW	Paid Prog.	World Cha	se Tag	Storm of S	uspicion	SOS: How	to Survive	Paid Prog. Paid Prog. Women/Move (N)			ove (N)	Love of L	iberty	
A&E	(11:00) <b>Zo</b>	Zombie Fli	<b>p</b> "Brown"	WWE Rival	s	WWE Riva	ls	WWE Riva	ls	Biography	ends "Edge	9"		
AMC	<b>∺★★★</b> Cas	st Away Hel	en Hunt, Nic	k Searcy, To	om Hanks.		<b>∺</b> ★★ Arma	geddon ('9	8) Billy Bob	Thornton, Li	v Tyler, Bru	ce Willis.		
CNN	(11:00) <b>Insi</b>	State of Ur	nion	Fareed Zak	aria GPS	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN New	sroom (N)	
DISC	(11:00) Afr	Naked and	Afraid	Naked and	Afraid "In T	oo Deep"		Naked and	Afraid	Naked and	Afraid	Naked an	d Afraid	
DISN	Hailey	Ladybug	Ladybug	Marvel's	Marvel's	Kiff	Kiff	Kiff	Kiff	Big City	Big City	Big City	Big City	
ESPN	(11:00) <b>Sp</b>	Basketball	Florida Atla	ntic at South	Florida (N)	Wm. Baske	etball Virgin	ia Tech at Lo	ouisville (N)	Basketball	Memphis a	t SMU (N) (	Live)	
ESPN2	The Climb	Basketball	Wichita Sta	te at Charlot	te (N)	Basketball	Bradley at I	Northern Iow	/a (N) (Live)	Basketball	Texas Tech	Aid         Naked and Afraid           City         Big City         Big City           mphis at SMU (N) (Live)         as Tech at Baylor (N) (Live)         Live)           Live)         Saturday Night         Saturday Night		
	(11:00) <b>Me</b>		. , . ,	Fox News	,,,,,,	FOX News		Maria Barti	iromo	Fox News	(N) (Live)	Saturday	Night	
FX	(9:30) <b>😤 Live</b>	Free or D	ਝੈ★★ Unch	arted ('22) N	Mark Wahlbe	erg, Tom Ho	lland.	਼ੈ*★★ Ghos	stbusters: A	fterlife ('21)	) Carrie Coc	n.	😤 Jumanji	
HBO	ਝ <mark>*</mark> ★★ The S	<b>Saint</b> ('97) V	al Kilmer.		(:25) <b>Real, I</b>	Bill Maher	(:25) <b>फ़ ★ Fa</b>	ther Figure	es ('17)	(:20) 號★★★	The Lege			
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ION	(11:00) <b>NC</b>	NCIS "Chol	ke Hold"	NCIS		NCIS		NCIS "The	Searchers"	NCIS "Sem	per Fortis"	NCIS "Gro	unded"	
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	•	-	Paid Prog.	•	•			-	. , . ,					
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USA	Soccer Lute	on Town vs.	Manchester	r United (N)	Goal Zone	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Or	der: SVU	

6 PM       6:30       7 PM       7:30       8 PM       8:30       9 PM       9:30         3:00 PG.       News (N)       60 Minutes (N)       Equalizer (N) (SP)       Tracker "Missoula" (N)         G-ABC       News (N)       WorldNe       Fun Videos (N)       American Idol "701 (Auditions)" (N) (SP)         ID-NED       News (N)       NBC News       People's (N) (Live)       2024 People's Choice Awards (N) (Live)         17-MNT       Goldbergs       Goldbergs       Goldbergs       Statk * Remember the Titans Denzel Washington.       Conners         23-PES       Great Performances       Love Train       Freedom Statk * Statk * Remember the Titans Denzel Washington.       Freedom Statk * S	What Would (N) (SP) Dateline NBC (N) Action News at 10 (N) Songs	News (N) News News (N) Mod Fam Mod Fan	ts Turning On the Red Bensinger				
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<b>57-GW</b> Pocono Mountains FamFeud FamFeud CBS News Sunday Morning (N) Our Honor	y Morning (N) Our Honor Major Crimes						
ARE         Biography: WWE Legends "Goldberg"         Biography: WWE Legends "nWo"	egends "nWo" Biography "Stone Cold Steve Austin"						
AMD **** The Shawshank Redemption ('94) Tim Robbins. Monsieur Spade "Epis	sode 6" (N)	he Shawshank Rede	nption ('94)				
CNN Newsroom (N)         CNN Newsroom (N)         CNN Spec         CNN Spec	CNN Spec	CNN Spec	CNN Spec				
DISC         (5:00) Afraid         Naked and Afraid         Afraid "Death by Crocodile" (N) (SP)	Afraid "Forsaken"	Naked and Afraid	Afraid				
DISN         Big City         Big City         Big City         Big City         ₩★★★ Toy Story 3 ('10)         Marvel's	(:20) Marvel's	Hamster& Hamster	& Ladybug				
College Softball College Softball	SportsCenter (N) (Live	e) SportsCo	enter (N)				
ESEND         30 for 30 The Minister of Defense         The Undefeated         Undefeat.         Undefeat.	30 for 30 Bullies of Bal	timore	World of X				
Final Fox Report (N) (Live) Weekend (N) (Live) Life, Liberty (N) Sunday Night (N)	Weekend	Life, Liberty & Levir	Sunday				
(5:30) ♥★★ Jumanji ('95) Robin Williams. ♥★★★ Jumanji: Welcome to the Jungle ('17)	′)	manji: Welcome to th	e Jungle				
Movie         To Be Announced         True "Part 6" (N) (SF)	(:20) Enthusiasm (N)	Last Week (:40) True	: "Part 6"				
CIIST         America "Pop Stars"         Built America         Built America         Built America	(:05) Built America	(:05) Built America	America				
Image: Model of the state of the s	NCIS "Cadence"	NCIS "Cabin Fever"	NCIS				
The Beach House Murders ('24) The Man in the Guesthouse ('24) (P)	P Abducted Off the Stre	eet: Carlesha Gaither S	Movie				
	<b>★ Fargo</b> ('96)	(:20) <b>**★★ The Kid</b> ('	19)				
NECSPA (4:00) Lacr Bask. Discover BBL Leicester Riders vs. Sheffield Sharks Wm. Bask	tetball Drexel at Delawar	re Poker Ni	ght (N)				
NICK         RockPaper         **** Sing ('16) Matthew McConaughey.         Friends         Friends	Friends	Friends Friends	Friends				
CARIMID         (5:50) Yellowstone         Yellowstone         (:10) Yellowstone         (:15) Yellowstone	Yellowstor	ne Yellowst	one				
TES NBA All-Star Pre-Game On TBS (N) (Live) NBA All-Star Western Conference vs. Eastern	Conference (N) (Live)	Pet Tricks Pet Trick	s Movie				
(5:15) <sup>*</sup> ★★★ The Dirty Dozen ('67) <sup>*</sup> ★★★★ Topkapi ('64) Melina Mercouri.	(:15) <b>**★★ Adaptatio</b>	on ('02) Nicolas Cage. (P)					
All-Star Sunday Pregame (N) (Live) NBA All-Star Western Conference vs. Eastern	Conference (N) (Live)	2024 NBA All-Star Game					
USA Law & Order: SVU Law & Order: SVU Law & Order: SVU Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law-SVU				



#### Atlantic County Magazine's 2024 President's Day Coloring Contest How does the contest work? All entries must be received by Wed, Feb 21, 2024. One entry per child. To enter, take a picture of your child holding up their completed coloring page and email it to atlanticcountymagazine@comcast.net with the subject "Coloring Contest." Be sure to include child's name, age and what they love about Valentine's Day. Are there prizes? Yes! The winner will be featured in Atlantic County Magazine as "Child of the Week" with their art!



# ALONE

### Become a Gilda's Club Member.

Gilda's Club South Jersey is a cancer support community where men, women, teens and children with cancer, and their families and friends, are always welcome free of charge.

To learn more, call 609-926-2699 or visit www.gildasclubsouthjersey.org.



www.gildasclubsouthjersey.org





### An artful 3" x 3" miniature on canvas



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

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#### **Talk about making a PAWS-itive impact!**

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

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

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

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

PPAWS (People & Puppies at Work for Sight) is a dedicated group of local families from Atlantic and Cape May Counties, which raise these amazing puppies for The Seeing Eye. Until a Seeing Eye dog is ready for training, he or she lives with a puppy raising or foster family that gives the dog love, gentle guidance, and consistent care. These volunteers nurture their puppy to accomplish its special destiny. If you are interested in raising a puppy for The Seeing Eye, call Peter at (609)804-8774 or visit seeingeye.org/raise for info.





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

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

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

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



## **This Week's Weather**

THURSDAY,	HIGH 45
FEBRUARY 15	LOW 30
FRIDAY,	HIGH 45
FEBRUARY 16	Low 34
SATURDAY,	HIGH 45
FEBRUARY 17	LOW 34
SUNDAY,	HIGH 45
FEBRUARY 18	LOW 30
MONDAY,	HIGH 46
FEBRUARY 19	Low 36
TUESDAY,	HIGH 46
FEBRUARY 20	LOW 37
WEDNESDAY,	HIGH 46
FEBRUARY 21	LOW 34



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## ATLANTIC COUNTY

### The Solution to Feeding the World Lies in the Cold Chain

(NewsUSA) - Amidst worldwide headwinds experienced in recent years, supply chain resilience across industries has taken center stage in a global conversation. Pivotal to these discussions is examining how to create a more food-secure future for everyone, everywhere. Have you ever wondered how the food on your table gets there? Most people have heard of the supply chain, but "the cold chain" is less commonly known. In its simplest terms, the cold chain is responsible for ensuring cold food, such as meat, poultry, produce and dairy, is safely stored and transported through the "middle mile" – from growers and producers to manufacturers and retailers, and ultimately, to your plate.

However, moving food in this manner is no small feat – with a growing population set to reach 9.7 billion by 2050 (United Nations [U.N.]), the efficiency and reliability of the cold chain is more important than ever in helping feed the world. Fortunately, the world already produces enough food to feed 10 billion people, according to the U.N. Food and Agriculture Organization [FAO].

"With a current world population of 8 billion as reported by the U.S. Census Bureau, yet 9.6 billion tons of agricultural crop, livestock commodities and food produced annually, according to FAO, the challenge of feeding the world isn't a matter of food availability; rather, it is about accessibility and creating a system capable of transporting and storing food where it is needed most," said Elliott Wolf, VP & Chief Data Scientist, Lineage.



Reframing perceptions of food availability vs. accessibility

Across the globe, approximately 12 percent of food produced globally is lost due to an insufficient cold chain (International Institute of Refrigeration). Every year, more than one third of all food produced spoils before it can be sold, with fruits and vegetables making up the most of this spoilage (Rockefeller Foundation).

"Cold chain infrastructure is changing the food loss paradigm by establishing the essential global facility networks and transportation structures to move and store food to communities across the globe," said Wolf.

#### The history of keeping food fresh and safe

The cold chain is an old industry. People have been keeping food cold as long as we've been able – first with ice and now with electricity. As more people moved farther away from food sources and into growing cities in the 19th century, the need to keep perishable food safe grew, spurring 20th century innovations. In 1913, Fred W. Wolf invented the first home electric refrigerator (Energy Saver, U.S. Department of Energy), and in the 1940s, Frederick McKinley Jones designed the first refrigeration unit for trucks to keep food fresh in transit (Lemelson-MIT Program).

The modern cold chain has helped lead strides in global nutrition, but access to effective refrigeration is still a leading contributor to the challenge of feeding the world. In 2009, the International Institute of Refrigeration estimated over 200 million tons of food waste could be saved annually if developing countries acquired the same cold chain capacities as those in developed countries (FAO 2019 State of Food and Agriculture).

The modern global cold chain is taking on the challenge of distributing food to all corners of the world – 197 million square miles a day – and ensuring it stays safe.

#### A smarter, more reliable and sustainable cold chain

The next frontier of the cold chain lies in digitizing, automating, driving sustainability and elevating the industry to go further in its mission to feed the world, driving those same improvements to more communities and new markets around the globe.

The modern cold chain is working to make the unpredictable, predictable. The implementation of machine learning algorithms has ushered in a new era of efficiency and optimization in warehouse operations, harnessing automation, and its ability to transform our environments to meet every need of an ever-growing population.

Why does automation in the cold chain matter to you? Think of the last time you heard about a spinach or chicken recall on the news, for example. Computer visioning technology automatically scans labels to help track all products in the warehouse, meaning that in case of a recall situation, companies and their customers can act immediately to destroy any recalled product to keep consumers safe.

Today's cold chain also plays an important role as a steward of sustainability. Estimates suggest that 8-10% of global greenhouse gas emissions are associated with food that is not consumed (United Nations Environment Programme). With rising global awareness on energy conservation and corporate commitments to achieving net-zero carbon emissions by 2040, the middle mile is key not only to meaningful reduction of food waste but also accompanying greenhouse gas emissions.

Lineage, one of the world's leading temperature-controlled warehousing and integrated solutions providers, is at the center of the cold chain, with billions of cubic feet in cold storage across hundreds of facilities around the world. In 2021, Lineage took a big step toward helping to preserve the planet by signing The Climate Pledge – and the commitment that comes with it to achieve net-zero carbon emissions by 2040.



From investing in renewable energy sources like solar to retrofitting older buildings to be more energy efficient or taking steps towards more sustainable transportation solutions, Lineage is leveraging tech innovation to become more sustainable.

At Lineage, the pivot from the traditional ways and methods of the cold chain demanded long-term planning and a serious commitment to technology. To make food accessible to everyone worldwide – 197 million square miles a day – we need the most connected food chain on the planet. That's why Lineage continues to rise to new challenges, seek out new solutions in tech innovation, and work together to feed the world.



#### MORE ABOUT PRO PLAN AND QUESTIONABLE PET FOOD INGREDIENTS REPRINTED FROM PREVIOUS EDITION

Submitted by Patsy Nelson from The Wagging Tail

Immediately after my last article went into publication, I got an email from one company's representative with whom we deal-but not in commercial food products. This email was sent to all their retailers pertaining to the "rumors" about sick and dying pets who ate Pro Plan. Purina denied these rumors to be relevant, even suggesting some kind of conspiracy against the company. Even if they are rumors, which have not been proven yet, it does not negate the poor ingredients used, and the misrepresentation in their ads and packaging, beguiling customers into erroneous conceptions of nobie, clean (not full of crap), healthy pet food.

The bag of food pictured in the article last week was Purina Dog Chow on which there is a plate of sliced chicken, yet the bag only includes some "chicken flavor." And they state in their full-page ad in Reader's Digest that the food (more like feed) has high-quality protein, no fillers and is 100% complete nutrition. The truth is that gluten and grain-based ingredients like rice, corn, wheat, and soy and vegetable by-products are fillers which means that they don't add any nutritional value but increase the volume/bulk of the bag of food. Meat By-products are not used in better quality pet food, but they can provide protein in the form of lungs, kidneys, liver, brains, and fatty tissue. If an ingredient panel on a bag of food starts with a protein like chicken, it must contain 95 percent of chicken (or salmon etc.) This main product must be at least 70% of the total products when counting the added water. Any meat meal is made up of remaining animal parts like extra meat, connective tissue, and offal (internal organs) and cooked at high temperatures before being made into a protein-packed powder, then made into meal.

(According to JustFoodForDogs.) Corn and wheat can lead to allergies and obesity (becoming sugar.) Soy is a filler "responsible for a huge portion of pet allergies that can result in sneezing, itching, swelling, anaphylactic shock, and death." (From another source on fillers.) The ingredients in Pro Plan chicken formula includes Rice, Whole grain wheat, Poultry by-product meal, Corn gluten meal, Whole grain corn, Wheat bran-all within the first seven ingredients. The top three to avoid when feeding your dogs (or cats) are corn, wheat, and soy. According to my google quest, PetSmart charges \$69.48 for a 35lb bag of Pro Plan Adult Chicken formula, which contains all these negative fillers and allergen producers. We sell Fromm Adult Gold Chicken (30 lbs. of all good ingredients by a five-generation family-owned Wisconsin company.) They don't advertise so they don't spend money on anything but making great dog and cat food. (The same goes for the other foods we sell.) The ingredients do not have any corn, wheat, soy or by-products, or anything else that is not good quality pet food. And this grain-inclusive food, not like the Pro Plan mentioned above, has flaxseed, menhaden fish meal, Wisconsin cheese, duck, lamb, carrots, sweet potatoes, and probiotics. The price is \$52.99, more than fifteen dollars less, and we track your purchases, so your 13th bag is free. The Fromm Company has (and we carry) over 40 varieties in just cat and dog and in various sizes. And all our food, any brand, is 100% guaranteed that your pet will love it and thrive, or your money back.

AGAIN, PLEASE PROTECT YOUR PET FROM CHILLY RAIN, WINDS, SNOW AND TEMPERATURES (EVEN IF IT IS COOL IN YOUR HOUSE.) IF YOU COVER UP, YOUR DOG SHOULD BE COVERED-UP. A HOUSE DOG DOES NOT GROW A WINTER COAT. YOU NEED TO BE SMART. Dogs suffer from joint pain and in cold temperatures the joint fluid may thicken creating more pain and the onset of or degree of arthritis.

Thank you for helping a small business stay in business. Check out our on-premises cat shelter.



# HEALTHFUL LIVING A Weekly Guide to Health Awareness

### YOGA POSE OF THE WEEK -Reverse Warrior (Viparita Virabhadrasana)

Reverse Warrior shares a similar stance to Warrior I and incorporates a slight heart-opening side bend or optional backbend.

To stay steady in the posture, it's essential to root into the sole of the front foot, anchor the outside edge of the back foot, and engage the glutes and hamstrings.

Focus your gaze up toward the palm as it reaches overhead. Keep your front knee tracking over your ankle as you sink deeper into the hips.



### VITAMIN HIGHLIGHT -Iron

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

### MENTAL HEALTH CHECK-IN

How do you unintentionally make yourself more anxious? How could you attempt to remain calm in this situation?

### TREATMENT SERVICES

In an emergency, please dial 911. NJ Hope Line: 855-654-6735 • njhopeline.com ReachNJ: 844-732-2465 • reachnj.gov IME Addictions Access Center: 844-276-2777 NJ Connect for Recovery: 855-652-3737 njconnectforrecovery.org 988 Suicide & Crisis Lifeline: 988 • 988lifeline.org (Formerly: National Suicide Hotline: 800-273-8255) NJ Mental Health Cares: 866-202-HELP (4357) njmentalhealthcares.org **Council on Compulsive Gambling of NJ:** 800-GAMBLER (426-2537) • 800gambler.org Veterans Counseling Hotline: 866-VETS-NJ4 (838-7654) • njvet2vet.com National Domestic Violence Hotline: 800-799-7233 · thehotline.org

MOND	ONDAY EVENINGFEBRUARY 19, 20														
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Neighbor	Bob Heart	NCIS (N)		NCIS: Haw	ai'i (N)	News (N)	(:35) Colbe	rt (N)		
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	The Bache	elor (N)	Bad R			N)	News (N)	(:35) J. Kimmel (N)			
10-NBC	News (N)	NBC News	News (N)	Hollywood	America's	Got "Finale	Results" (N)	(SF)	The Irratio	nal (N) (SF)	News (N)	News (N) (:35) J. Falle			
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Ride (N)		Wild Cards	6	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men		
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Nature "Go	orilla"	NOVA		Cycle Arou	ind Japan	NJ Spotl	One on O	Newsline		
29-FOX	The Six	The Pulse	Extra (N)	TMZ (N)	Wanted (N	)	TMZ Invest	tigates (N)	News (N)		News (N)	Phantastic	Person		
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (	N)	Law-SVU "	Savant"	Neighbor	Neighbor	King		
A&E	(5:30) 😤★★	Olympus H	las Fallen (	13)	James Bro	own: (N)	James Bro	<b>wn:</b> (N)	Janet "Part	1"	(:05) <b>Janet</b>	"Part 2"	(:05) James		
AMC	(5:00) 號★★	★★ Goodfe	<b>llas</b> ('90)		ਝ*★★ My	Cousin Vin	nny ('92) Marisa Tomei, Joe Pesci.			<b>₩★★</b> Days	of Thunde	<b>r</b> ('90) Tom (	Cruise.		
CNN	Situation (I	N) (Live)	OutFront (	N) (Live)	Cooper 36	0 (N) (Live)	The Source (N) (Live) CNN (N) (Live)			Laura (N) (	Cooper360				
DISC	Dirty Jobs		Dirty Jobs		Contraban	d: Seized	Contraban	<b>d</b> (N)	Contraban	d: Seized	Contraban	d: Seized	Contraba		
DISN	Big City	Big City	Big City	Big City	Big City	Big City	Marvel's	Marvel's	Ladybug	Ladybug	Jessie	Jessie	Ladybug		
ESPN	SportCtr (N	I) (Live)	Basketball	Virginia at \	/irginia Tecł	n (N) (Live)	Basketball	Kansas Sta	ite at Texas	(N) (Live)	SportsC. (	N) (Live)	SportCtr		
ESPN2	ESPN BET	(N) (Live)	Basketball	Notre Dame	e at Duke (N	I) (Live)	College Basketball			NFL Live		E60			
FNEWS	Bret Baier	(N) (Live)	Ingraham (	N) (Live)	Jesse (N) (Live) Hannity (N) (Live) Gutfe			Gutfeld! (N	)	Fox News	(N) (Live)	The Five			
FX	(5:30) 😤★★	The Propo	<b>sal</b> ('09)		😤 Anchorn	ਝ Anchorman: Legend of Ron Burgundy   ਝੈ★★★ ਮ				horman 2:	in 2: The Legend Continues ('13)				
HBO	(:10) ❣★★ ᢏ	Jack Ryan:	Shadow Re	cruit ('14)	True "Part	6"	(:20) Last V	Veek To.	₩ <b>*</b> * <b>*</b> TI	★★★★ The Dark Knight ('08) Christian Bale.					
HIST	History's-N	lysteries	History's-N	lysteries	History's-M	Nysteries	Mysteries	(N)	(:05) History's Greatest Mysteries				Mysteries		
ION	Criminal "H	lashtag"	FBI		FBI "Fire a	nd Rain"	FBI		FBI "Foster	ed"	FBI "Grief"		FBI		
	Grey's Ana	itomy	Grey's Ana	atomy	Grey's Ana	atomy	Grey's Ana	atomy	(:05) Grey's	Anatomy	(:05) Grey's	s Anatomy	Anatomy		
MAX	Movie	(:25) 號★★★	Source Co	ode ('11)	ື**★ Victo	or Frankenst	t <b>ein</b> ('15)	(:50) <b><del>°</del>*★ Fr</b>	iday the 13t	<b>h</b> ('09)		😤 A Most V	iolent Year		
NBCSPA	Birds (N)	Birds	The Baker		Bask.	Birds	The Best S	how Ever?			Unbeatable	British Bas	ketball		
NICK	(4:30) 😤 ★ ★	Sing 2	Loud Hous	se (N)	Lay Lay	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends		
PARMT	(5:30) Yell	Yellowston	e	Yellowstor	ie	Yellowston			The Dream		Yellowstor	ne	Movie		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	g Big Bang Big Bang Pet Tricks Pet Tricks American American American American					American					
TCM	¥★★★★ TI	he Gay Divo	orcee ('34)		**★★★ The Man Who Knew Too Much       (:15) **★★ The Thomas Crown Affa						Affair ('68)	Movie			
TNT	(5:00) 🐕★★	White Hou	se Down	(:45) ∰★★ (	Godzilla vs.	. Kong ('21)	Alexander S	Skarsgård.	(:15) 號★★ (	Godzilla: Ki	ing of the M	lonsters ('19	))		
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE Mon	day Night R	ht RAW (N) (Live) Resident "Lone Wolf"					Lone Wolf"	Law-SVU		

TUESDAY EVENING FEBRUARY 20, 2024														
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
3-CBS	News (N)	CBS News	Inside Ed.	<b>ET</b> (N)	FBI "Remo	rse" (N)	FBI: Intern	ational (N)	FBI: Most	Wanted (N)	News (N)	(:35) Colbe	rt (N)	
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Will Trent (	(N) (SP)	The Rooki	e (N) (SP)	Good Dr (N	I) (SP)	News (N)	(:35) <b>J. Kim</b>	mel (N)	
10-NBC	News (N)	NBC News	News (N)	Hollywood	Night (N)	Extended	Quantum I	eap (N)	Quantum (N) (SF)		News (N)	(:35) <b>J. Fall</b>	on (N)	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Crime Nati	on (N) (P)			Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Doc Martin	(:50) The S	eas	(:45) GOSP	EL Live!		NJ Spotl	Price	Newsline	
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	Name-Tune	e (N) (SF)	The Floor	(N)	News (N)		News (N)	Phantastic	Person	
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (	N)	Law-SVU "	Harm"	Neighbor	Neighbor	King	
A&E	James Bro	wn:	James Bro	wn:	James Bro	<b>wn:</b> (N)	James Bro	<b>wn:</b> (N)	James Bro	wn:	(:05) James	Brown:	(:05) <b>James</b>	
AMC	(5:30) 🐕★★	★ My Cous	in Vinny ('9	2)	ਝ*★★★ Kni	ves Out ('19	9) Chris Eva	ns, Ana de A	Armas, Dani	el Craig.	ਝੈ★★★ The	e Fugitive ('	93)	
CNN	Situation (	N) (Live)	OutFront (I	N) (Live)	Cooper 36	0 (N) (Live)	The Sourc	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (	Live)	Cooper360	
DISC	Moonshine	ers	Moonshine	ers (N)	Moonshine	ers (N)	Moonshine	ers	Moonshine	ers	Moonshine	ers	Moonshine	
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug		Villains	Ladybug	
ESPN	SportCtr (N	N) (Live)	Basketball	Arkansas a	t Texas A&N	/ (N) (Live)	College Ba	a <b>sketball</b> ⊺e	eams TBA (N	I) (Live)	SportsC. (	N) (Live)	SportCtr	
ESPN2	ESPN BET	(N) (Live)	Basketball	Syracuse a	t NC State (I	N) (Live)	College Ba	asketball (N	) (Live)		College Ba	sketball		
FNEWS	Bret Baier	(N) (Live)	Ingraham (	N) (Live)	Jesse (N) (	Live)	Hannity (N	) (Live)	Gutfeld! (N	I)	Fox News	(N) (Live)	The Five	
FX	(5:30) 😤 Ca	ptain Amer	ica: The Fire	st Avenger	ਝੈ★★ Capta	ain Marvel (	'19) Brie Larson.			¥★★★ Ave	engers: Enc	<b>Igame</b> ('19)		
HBO	(5:55) 🐕★★	★ Trainwre	<b>ck</b> ('15) Amy	/ Schumer.	ਝੈ★★ Sex a	and the City	' ('08) Sarah	('08) Sarah Jessica Parker.		Enthusias	(:10) True Detective "		art 6"	
HIST	Curse of O	ak Island	Oak Island	"Tea Time"	Curse of O	ak Island	Oak Island	l (N)	(:05) Drillin	g Down (N)	(:05) Oak Is	land	Oakisland	
ION	Chicago Fi	re	Chicago Fi	re	Chicago Fi	re	Chicago F	ire	Chicago Fi	ire	Chicago F	ire	Chi. Fire	
ŒE	Castle		Castle		Castle "The	e G.D.S."	Castle		(:05) Castle		(:05) Castle	•	Castle	
MAX	(:10) 號★★ ]	(	) Liam Nees		ਝੈ★★★ Cha	arlie Wilson	's War	(:40) ∰★★★	<ul> <li>Beatriz at</li> </ul>	Dinner	(:05) ❣★★	Pride and G	lory ('08)	
NBCSPA	Birds (N)	Birds	FIS Snowb	oard	Freestyle S		FIS Cross-	Country	Birds	World Pok	er Tour	World Pok	er Tour	
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men		•			s, Dwayne J		ਝੈ★★ Juma	<b>anji</b> ('95) Ro	bin Williams		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Pet Tricks	Pet Tricks	Mod Fam	
	( )		<b>ʻown</b> ('49) G	,	₩★★★★ TI	he Red Sho	Shoes ('48) Moira Shearer.							
TNT	(5:30) 🐕★★	Godzilla ve	<b>s. Kong</b> ('21)	)	*★★ Godzilla: King of the Monsters ('19) Kyle Chandler. (:45) *★★					(:45) 😤★★	The Meg ('18) Jason Statham.			
USA	Law-SVU "	Dare"	Law & Ord	er: SVU	WWE NXT	(N) (Live)			(:10) 號★★	Mechanic: I	Resurrectio	<b>n</b> ('16)	Movie	

WEDN	IESDA	Y EVE	NING							F	EBRU	ARY 21	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	Black	Price Is Ri	ght (N)	Dolly Parto	on's Pet Gal	la (N)		News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Conners	Not Dead	Abbott (N)	Celebrity	Judge (N)		News (N)	(:35) <b>J. Kim</b>	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	led (N)	Chicago Fi	Chicago Fire (N) Chicago P.D. (N		. <b>D.</b> (N)	News (N)	(:35) <b>J. Fall</b>	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Wild Cards	s (N) Family Law (N)		Action News at 10 (N)		Mod Fam	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	BlackMose	State/Arts	Miss "The I	Fugitive"	All Creatur	es Great	NJ Spotl	Drive-Hist	Newsline
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	I Can See	(N)	We Are Fa	mily (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (	N)	Law-SVU "	Svengali"	Neighbor	Neighbor	King
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Booked (N	)	CourtCam	CourtCam	CourtCam
AMC	ਝ*★★ The	Fugitive ('	93) Tommy I	Lee Jones, H	Harrison For	d.	יאי Red (	('10) Morgar	n Freeman, E	Bruce Willis.		ਝੈ★★ Red 2	<b>2</b> ('13)
CNN	Situation (	N) (Live)	OutFront (	N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	King Charl	<b>es</b> (N)	Laura (N) (	Live)	Cooper360
DISC	Expedition	Х	Expedition	X	Expedition	х	Expedition	<b>X</b> (N)	Ghost Adv	. (N)	Expedition	Unknown	Expedition
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Chibiverse	Ladybug	Ladybug	Ladybug	Bunk'd	Bunk'd	Ladybug
ESPN	SportCtr (N	I) (Live)	College Ba	isketball Du	ike at Miami	(N) (Live)	Basketball	Kentucky a	t LSU (N) (Li	ive)	SportsC. (I	N) (Live)	SportCtr
ESPN2	ESPN BET	(N) (Live)	College Ba	i <b>sketball</b> Te	ams TBA (N	I) (Live)	Basketball	Ole Miss at	Mississippi	State (N)	Basketball	NFL Live	
FNEWS	Bret Baier	(N) (Live)	Ingraham (	N) (Live)	Jesse (N) (	(Live)	Hannity (N	) (Live)	Gutfeld! (N	l)	Fox News	(N) (Live)	The Five
FX	¥★★★ Ave	engers: End	<b>Igame</b> ('19)	Chris Evans	, Mark Ruffa	alo, Robert D	owney Jr		Feud: Cap	ote (N)	Feud: Capote		Feud
HBO	(5:35) 👯★★	★ Skyfall ('	12) Daniel C	raig.	۶×★★ Mic	<b>lsommar</b> ('1	9) Jack Rey	nor, Florenc	e Pugh.	True "Part	6" 😤 Dawn o		he Planet
HIST	American I	Pickers	American I	Pickers	American	Pickers	American I	Pickers (N)	(:05) Picker	rs	(:05) Picke	rs	Pickers
ION	Blue Blood	s	Blue Blood	ls	Blue Blood	ds	Blue Blood	ls	Blue Blood	<b>ls</b> "Legacy"	Blue Blood	ds	Blue Blood
	Castle "Dea	ad Again"	Castle		Married at	First Sight	(N)	Prison Bri	des (N)	Married	(:05) <b>Baby</b>	(:35) <b>Baby</b>	Married
MAX	(5:45) 🐕★★	★ Walk the	Line ('05)		¥**★ Geι	<b>mini</b> ('17) Lo	ola Kirke.	(:35) 🏞★★	Antitrust ('0	1)	(:25) ∰★★★	Green Roo	<b>om</b> ('15)
NBCSPA	Birds (N)	Birds	College Ba	sketball			Birds	Greatest	In. Golf	College Ba	asketball		
NICK	The Tidal Z	one	Danger For	rce (N)	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men			`	13) Mireille E	,	Pitt.	ਝੈ★★ Shoo	oter ('07) Ma	irk Wahlberg	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (N)	(Live)	Pet Tricks	Mod Fam	Mod Fam	Mod Fam	Mod Fam
тсм	(:15) 🛠★★★ Winged Migration ('01) (P) 🛛 🛠 Man Who Skie						wn Everest	(:45) ♥★★★	Harlan Co	😤 Anne Fra	ank Reme		
INT	Lucifer		NHL on T	NHL Hocke	ey Philadelp	hia Flyers a	rs at Chicago Blackhawks NHL Hockey Boston Bruins at Edn					nonton Oilers	s (N) (Live)
USA	Law & Ord	er: SVU	Law-SVU "	Zebras"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU

#### THURSDAY EVENING **FEBRUARY 22. 2024** 10:30 6 PM 6:30 7 PM 7:30 8 PM 8:30 9 PM 9:30 10 PM 11 PM 11:30 12 AM CBS News Inside Ed. So Help Me Todd (N) News (N) 3-CBS News (N) **ET** (N) Sheldon Ghosts Tracker "Springland" (:35) Colbert (N) American Idol "701 (Auditions)" Will Trent News (N) :35) J. Kimmel (N) 6-ABC News (N) WorldNe. Jeopardy! Wheel (N) NBC News Law & Order: SVU (N) Law & Order (N) News (N) (:35) J. Fallon (N) News (N) News (N) Hollywood Law "Last Dance" (N) 10-NBC Son of a Children Action News at 10 (N) Union Goldbergs Big Bang **Big Bang** Goldbergs Conners Conners Mod Fam Two Men 17-MNT America NJ Spotl One on O. NJ Spotl Finding Your Roots The Black Church: This Is NJ Spotl State/Arts Newsline 23-PBS 29-FOX The Six Kelly (N) Extra (N) TMZ (N) Next Level Chef (N) Farmer (N) News (N) News (N) Phantastic Person FamFeud Puzzler FamFeud FamFeud Philadelphia (N) 48 Hours (N) Law-SVU "Blinded" Neighbor Neighbor King 57-CW The First 48 The First 48 The First 48 (N) Taking the Stand (N) (:05) Undercover (N) (:05) The First 48 (:05) First48 A&E AMC (4:30) <sup>•</sup> ★ ★ Red 2 ★★ Armageddon ('98) Billy Bob Thornton, Liv Tyler, Bruce Willis. \*★★★ The Perfect Storm George Clooney. CNN Situation (N) (Live) OutFront (N) (Live) Cooper 360 (N) (Live) The Source (N) (Live) CNN (N) (Live) Laura (N) (Live) Cooper360 Caught! Caught! Caught! Hustlers Gamblers Caught! DISC Caught! Caught! Caught! Caught! Caught! Caught! Caught! Hamster & Hamster & Big City Ladybug DISN **Big City** Hailev Hailey Marvel's Ladybug Ladybug Ladybug Jessie Jessie SportsCenter NHL Hockey Washington Capitals at Tampa Bay Lightning Wm. Basketball Utah at UCLA (N) (Live) SportsC. (N) (Live) ESPN The Point Basketball SMU at Florida Atlantic (N) (Live) **Basketball** Washington at Arizona State (N) Basketball Oregon at Stanford (N) ESPN2 FNEWS Bret Baier (N) (Live) Ingraham (N) (Live) Jesse (N) (Live) Hannity (N) (Live) Gutfeld! (N) Fox News (N) (Live) The Five (5:00) \*\*\*\* Spider-Man: No Way Home . Sterie Coon. Sterie Ghostbusters: Afterlife ('21) Carrie Coon. FX Enthusias.. (:40) \*\*★★ Godzilla ('98) Jean Reno, Matthew Broderick. HBO (5:45) 👯★★★ X-Men: Days of Future Past (:05) ₩★★★ Killing Them Softly Swamp People Swamp People Swamp People (N) (:35) Swamp "Down to the Wire" HIST (:35) Swamp (N) Swamp ION Chicago P.D. Chicago P.D. Chicago P.D. Chicago P.D. Chicago P.D. Chicago P.D. "Hit Me' Chicago Castle "Crossfire" Theresa Caputo Theresa Caputo Theresa Caputo (N) (:05) Baby (:35) Baby (:05) Theresa Caputo T. Caputo (:05) **\*\*★★★ The Bourne Ultimatum** ('07) 😤 The Thomas Crown Affair (:55) "#★★★ Ghost ('90) Demi Moore, Patrick Swayze. Movie MAX Basketball New York Knicks at Philadelphia 76ers (N) World Poker Tour Birds (N) Sixers (N) Sixers (N) (Live) Birds Basketbal NBCSPA SpongeB. SpongeB.. SpongeB.. Friends Friends Friends SpongeB.. Friends Friends Friends Friends NICK SpongeB.. SpongeB.. Two Men Two Men Two Men Two Men Shooter ('07) Michael Peña, Danny Glover, Mark Wahlberg. PARMT Big Bang Jokers (N) Jokers TBS ₩★★★ King Solomon's Mines ('50) ★★★ The Black Swan ('42) Tyrone Power. She Wore a Yellow Ribbon ('49) Movie TCM (4:00) " Ready Player ... Tip-Off (N) Basketball Phoenix Suns at Dallas Mavericks (N) (Live) Basketball Los Angeles Lakers at Golden State Warriors TNT Law-SVU "Dear Ben" Law-SVU "Diss' Sylvester Stallone, Michael B. Jordan. (P) (:55) **¥★★★ Creed** ('15) USA



### Daytona 500

#### **By Alex Hendry**

#### **Questions:**

1) NASCAR's Cup Series season is set to begin with the 66th running of the Daytona 500 on Sunday, Feb. 18. What nickname is commonly associated with the prestigious NASCAR event?

2) Who won the inaugural running of the Daytona 500?

3) The winner of the Daytona 500 receives a trophy named after which influential automobile designer?

4) Which driver made Daytona 500 history as the first female driver to qualify and participate in the race?

5) The Daytona 500 became the season-opening Cup Series race starting in what year?6) What is the name of the man-

made lake at Daytona International Speedway?

7) On February 17, in the No. 17 car, in his 17th career race

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acute weather change.

at Daytona - which driver finally won the Daytona 500?

8) Name the manufacturer who can claim the most victories at the Daytona 500.

9) Only one driver in the history of the Daytona 500 entered the race with an Edsel convertible who was it?

10) Last year's Daytona 500 was the longest in race history - who crossed the line first in double overtime to win the race?

#### **Answers:**

"The Great American Race"
 Lee Petty (1959)

- 3) Harley J. Earl
- 4) Janet Guthrie (1977)
- 5) 1982
- 6) Lake Lloyd

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Wintry weather, gray skies, snow and sleet can limit visibility on the road, and a

When the temperature drops, the risks of damage to the windshield goes up. Can cold weather alone crack a windshield? Not exactly. However, while extreme cold alone

might not crack a well-installed and maintained windshield, it can exacerbate existing

issues or create conditions that may lead to cracks. Essentially, cold weather can cause

a windshield to crack and break if it is already chipped, cracked, or fractured due to the

Auto Glass Now, one of the fastest growing glass repair and replacement compa-

nies, offers drivers tips to protect their vehicle against the set of unique challenges

damaged or cracked windshield can make driving even more challenging.

- 7) Darrell Waltrip (1989)
- 8) Chevrolet (25)

B

- 9) Paul Bass (1959)
- 10) Ricky Stenhouse Jr.

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#### CAN COLD WEATHER CRACK OR DAMAGE YOUR WINDSHIELD?

Temperature Fluctuations: Glass expands and contracts with temperature changes.
Rapid swings from cold to hot (or vice versa) can cause a windshield to crack.

#### How to Prevent Windshield Damage during Colder Weather

While a windshield can crack from cold weather due to other factors, drivers can take a proactive approach to prevent damage during colder temperatures, including:

 Keeping Windshield Wipers in Good Condition: Worn-out and dirty wiper blades can scratch the windshield, making it more susceptible to cracking. Therefore, it's essential to routinely clean the windshield wipers - and replace them at least once every 12 months to keep them in good condition.

 Never Using Hot Water to Clear Ice/Snow Off the Windshield: While it may seem convenient at the time, using hot water to clear ice and snow from the windshield causes rapid temperature changes, leading to cracks.

 Utilizing the Car's Defrost System: Defrost systems are designed to gradually increase the glass temperature, reducing the risk of cracks.

 Parking under Cover If Possible: A simple solution for protecting the windshield from the elements is parking in a garage or under a carport.

 Closing Doors Gently: Slamming car doors can cause vibrations that may lead to windshield cracks, especially if the windshield is already damaged.

 Using a Windshield Protector: Windshield covers can keep ice and snow off the glass, reducing the risk of cracks and making it easier to prep the vehicle for the drive ahead.

 Using a Proper Ice Scraper: Choose an ice scraper specifically designed for car windshields to minimize the risk of scratching or cracking the glass.

"Winter weather presents challenging times for windshields. But proper preventative care and maintenance can make a world of difference," said Nick Ouimet, President of Auto Glass Now. "Our local Auto Glass Now teams here to help ensure drivers are safe on the road with quality glass repair and replacement. " Visit Auto-GlassNow.com to learn more.

#### winter weather brings to the durability and maintenance of their windshield. Common Causes of Windshield Cracks in Cold Weather

Knowing the factors that make the windshield more susceptible to damage and cracks in cold weather will help drivers protect and properly maintain it. If the windshield is already compromised by previous damage, poor installation or inadequate maintenance, these issues can worsen dramatically in cold conditions. Some of the most common causes of cracks during colder months include:

 Ice: Ice formation can apply undue pressure to small existing chips or imperfections, leading them to expand into full-blown cracks.

 Road Salt: While road salt is often necessary to keep roads safe, it can be kicked up into the windshield at high speeds. This causes small craters or pits that can worsen into cracks when not addressed quickly.

 Hail: Winter storms often bring hail, which may strike the windshield with enough force to cause immediate cracks or create weak spots that later transition into cracks.

 Frozen Wiper Fluid: Using a wiper fluid that freezes easily can cause localized stress on the windshield, which could turn into cracks over time.





