

Ann Curry helps medical patients in 'Chasing the Cure'

By Jay Bobbin

If a meeting between a patient and doctors on live television can have a successful result, Ann Curry wants to get it done.

The Emmy-winning news correspondent, former "Today" co-anchor and re-



Ann Curry hosts "Chasing the Cure," premiering Thursday on TBS and TNT.

cent "We'll Meet Again" host focuses on medical matters as an executive producer and the anchor of "Chasing the Cure," which TBS and TNT both premiere Thursday, Aug. 8. The 90-minute episodes tackle real-life mysteries as people whose ailments have been unsolved, undiagnosed or misdiagnosed seek help from experts in real time, with social media and a dedicated website (ChasingTheCureLive.com) also as major com-

ponents. In an interview for this article, Curry discussed the series.

Q: What is your overall approach to doing "Chasing the Cure"?

A: It's all about finding a new way of connecting people with top doctors throughout the country. Most of that will be happening online, where our website will be manned and womanned 24/7, then we will highlight cases for 10 weeks over 90 minutes — and see if we can punch a hole in what keeps people from getting all the information they need to live better, longer lives.

Q: How are you finding the medical community's general reaction to this?

A: We can't operate unless we're wellembraced by the medical community, and their initial concern was the same concern

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dards that we're going to operate under?," combining the talents of TV creators, journalists and technologists with medicine. What are the priorities? The first response was to proceed with caution, which speaks to how responsible we want our doctors to be. We did direct outreach to them, and they weren't easy to find, because they weren't looking to be on television.

I had as a journalist ... "What are the stan-

The response now is that doctors, nurses and professors of medicine are saying, Thank goodness you're doing this." I think everybody recognizes that something has to happen to allow more people into the fold. The best physicians will acknowledge that there are just too many ways that people are left behind, so what we're getting now about this is a lot of excitement.

Q: You've been soliciting the public's stories for "Chasing the Cure" via on-air ads and the show's website. What have you found the response to be?

A: It's been significant. In fact, we're a little worried, because it might exceed our expectations. Even when this was just an idea, people were submitting things. It's remarkable how many of us know someone who is struggling medically and is struggling to get a diagnosis. We've really tried to open our arms as wide as we can and do what we can for what we understand are millions of people.



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Let's Go Luna! (Tue-Thu)

[DISN] Big City Greens

Divorce Court

[AMC] Movie (Tue) "Jaws 2"

[DISN] Big City Greens

Wild Kratts

and Dives (Fri)

News 4 NY at 4

The Wendy Williams Show

The Steve Wilkos Show

[DISN] To Be Announced

[SNY] Amazin' Finishes (Wed)

Amanpour and Company

5 TMZ Live





SATURDAY Cont'd.	
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[CNBC] Undercover Boss 🖾 [CNN] S. E. Cupp Unfiltered 🖻	
[DISN] Sydney to the Max © [FOOD] Diners, Drive-Ins and Dives ©	367 B
[MSNBC] Deadline: White House 📼	Bay
6:15 [AMC] Movie "National Lampoon's Vacation" 6:20 [BRAVO] Million Dollar Listing New York @	
6:30 (2) CBS Weekend News (C) (4) NBC Nightly News With Lester Holt (C)	Tiers of Joy (Bet. 16th
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[DISN] Raven's Home 📼	Flavors of
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Firing Line With Margaret Hoover CC	[DISN] Raven's Home ©
JEMMA PAWN LQ. AJ's Largest & Most Trusted Pawn Broker Gully Licensed & Insured INSTANT CASH INSTANT CASH IN	 [FOOD] Diners, Drive-Ins ar 7:52 [BRAVO] Movie "The Devil 8:00 (2) Bring the Funny [60] 7 Shark Tank [60] (DVS) (2) This Old House [60] (3) All in the Family Feud [60] (1) All in the Family (2) Midsomer Murders [61] (CNNC] Undercover Boss [6] (CNNC] Undercover Boss [6] (CNNC] Movie "Descendants (FOOD] Restaurant: Imposs (HBO) Movie "The Favourith (MSNE) All In With Christ [NICK] Henry Danger [60] (TCM] Movie "On the Water [TNT] Movie "National Lam Vacation" 8:30 (2) Ask This Old House [60] (3) All in the Family Feud [60] (4) All in the Family (5) Sgt. Pepper's Musical F 8:47 (2) Midsomer Murders [60] (2) All in the Family Feud [60] (3) The Honeymooners [CNBC] Undercover Boss [6] (CNN] The Movies [60] (3) The Honeymooners [MSNEC] All That [60] (1) The Honeymooners [NICK] All That [60] (2) Satill Open All Hours [60] (3) The Honeymooners [NICK] All That [60] (3) Still Open All Hours [60] (4) Family Feud [60] (5) The Honeymooners [NICK] All That [60] (1) The Honeymooners [NICK] All That [60] (2) A8 the face [1] (3) The Honeymooners [NICK] All That [60] (3) The Honeymooners [NICK] All That [60] (4) Family Feud [60] (5) Fordessor T. [60] (6) Fordessor T. [60] (7) Card Sharks [60] [0)(6) (7) Card Sharks [60] [0)(7)
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Falk/Week of August 3 - August 9, 2019

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SUNDAY Cont'd. [AMC] Movie "X-Men Origins: Wolverine" DISNI Bunk'd CC [TBS] The Big Bang Theory CC (DVS) [TNT] Movie "Beauty and the Beast" 6:57 [NICK] Henry Danger CC 7:00 2 60 Minutes 🖂 Hollywood Game Night General 5 Last Man Standing CC (DVS) America's Funniest Home Videos CC (DVS) B Playing by the Rules: Ethics at Work C Modern Family CC black-ish CC (DVS) Treasures of New York MetroFocus CC [BRAVO] The Real Housewives of Potomac CC [CNBC] Shark Tank CC [CNN] CNN Newsroom With Ana Cabrera CC [DISN] Bayen's Home [CC] [FOOD] Guy's Grocery Games CC [MSNBC] Kasie DC CC [TBS] The Big Bang Theory CC (DVS) 7:30 🕒 Last Man Standing 📼 (DVS) Classroom Close-up, NJ CC Modern Family CC black-ish CC (DVS) 3 Story Songs (My Music) CC [DISN] Raven's Home CC [TBS] The Big Bang Theory CC (DVS) 7:55 [HBO] Movie "The Favourite 8:00 🛛 Big Brother 📼 America's Got Talent 📼 The Simpsons CC (DVS) CMA Fest CC State of the Arts CC The Big Bang Theory CC Penn & Teller: Fool Us CC Poldark on Masterpiece CC [BRAVO] The Real Housewives of Potomac 📼 [CNBC] Shark Tank CC [CNN] The Movies CC [DISN] Movie "Descendants 3" [FOOD] Guy's Grocery Games CC MSNBC1 Kasie DC CC [NICK] Movie "Alvin and the Chipmunks: The [TBS] The Big Bang Theory CC (DVS) [TCM] Movie "Rebecca of Sunnybrook Farm" 8:15 [USA] Movie "Fast Five" 8:30 5 Bob's Burgers CC (DVS) NYC Arts The Big Bang Theory C [TBS] The Big Bang Theory CC (DVS) 9:00 2 Instinct CC 5 Family Guy CC (DVS) Antiques Roadshow CC The Big Bang Theory C Dendora CC Grantchester on Masterpiece CC (DVS) Great Performances CC [AMC] Preacher CC [BRAVO] Southern Charm New Orleans 📼 [CNBC] Shark Tank CC (DVS) [CNN] The Movies CC [FOOD] Worst Cooks in America [MSNBC] Headliners CC [SNY] Broadway Boxing [TBS] [TNT] Claws CC (DVS) 9:30 🕞 What Just Happened??! With Fred Savage 🖾 The Big Bang Theory C [TCM] Movie "Wee Willie Winkie 9:55 [DISN] Amphibia CC 10:00 2 The Good Fight CC Bring the Funny CC 5 Fox 5 News at 10 CC [MSNBC] To Be Announced 9 Modern Family CC DIX11 News at Ten CC Professor T. CC [BRAVO] Watch What Happens Live With Andy Cohen CC [CNBC] Shark Tank CC (DVS) [FOOD] Beat Bobby Flay CC [HBO] Euphoria CC [NICK] Friends CC

8/519 **EVENING** 7:30 2 Entertainment Tonight CC Access CC Modern Family
 CC Wheel of Fortune CC NJTV News With Mary Alice Williams The Big Bang Theory
 CC black-ish CC (DVS) 2 WLIW Arts Beat [DISN] Sydney to the Max CC [NICK] Hunter Street CC [TBS] Family Guy CC (DVS) [USA] Modern Family CC (DVS) 8:00 2 Love Island CC American Ninja Warrior CC (DVS) Beat Shazam CC (DVS) Bachelor in Paradise Nature CC (DVS) Law & Order: Criminal Intent Penn & Teller: Fool Us CC Antiques Roadshow
 CC Grantchester on Masterpiece CC (DVS) [BRAVO] Below Deck Mediterranean CC [CNBC] American Greed CC [CNN] Anderson Cooper 360 CC [DISN] Movie "Descendants 3" [FOOD] Kids Baking Championship 📼 [MSNBC] All In With Chris Hayes [NICK] Movie 📼 [TBS] Family Guy CC (DVS) TCMI Movie "Ninotchka" TNT1 Movie "Edge of Tomorrow 8:30 [TBS] Family Guy CC (DVS) 8:50 [HBO] Euphoria CC 9:00 2 The Big Bang Theory CC (DVS) So You Think You Can Dance CC B NOVA CC (DVS) Law & Order: Criminal Intent Whose Line Is It Anyway? CC Antiques Roadshow CC 2 Endeavour on Masterpiece CC (DVS) [BRAVO] Below Deck Mediterranean CC [CNBC] American Greed CC [CNN] Anderson Cooper 360 000 [FOOD] Kids Baking Championship 📼 [MSNBC] The Rachel Maddow Show CC [TBS] Family Guy CC (DVS) 9:30 2 The Neighborhood CC Whose Line Is It Anyway? CC [TBS] Family Guy CC (DVS) 10:00 2 Bull CC Dateline NBC CC Fox 5 News at 10 CC To Be Announced Family Feud
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 CC Wheel of Fortune CC NJTV News With Mary Alice Williams The Big Bang Theory CC

MONDAY

A GREAT CAREER **IN LAW ENFORCEMENT**

Applications for the examination for the position of Police Officer are currently available. As a retired Police Captain, I can say that I loved being a Police Officer. Law enforcement offers the opportunity to do important and satisfying work. Taking the Law Enforcement Examination could be your first step towards a great future.

Applicants for the Bayonne Police Department must be U.S. citizens and residents of Bayonne as of August 31, 2019. All applicants must maintain continuous Bayonne residency up to and including the time of appointment. In addition, applicants must be at least 18 years of age as of August 31, 2019 and no older than 34 years of age as of this date unless a recognized exception to this requirement exists. Applicants must also possess a high school or vocational diploma or an approved High School Equivalent Certificate by August 31, 2019 and possess a valid New Jersey Driver's License at the time of appointment.

Applicants will be required to complete a written examination administered by the New Jersey Civil Service Commission, Applications are only able to be completed online on the Civil Service website at www.nj.gov/csc. A fee of \$50.00 must accompany the application. This fee may be waived under certain circumstances, as indicated in the application package.



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1 NYC Arts

black-ish CC (DVS)

[AMC] Two and a Half Men CC

[DISN] Sydney to the Max 📼

[HBO] VICE News Tonight CC

The closing date for the receipt of applications is August 31, 2019. All applications must be submitted on or before this date. The examination is tentatively scheduled for the Fall of 2019. An online application is available to residents until August 31 on the N.J. Civil Service Commission website www.state.nj.us/csc. This web site also offers an Orientation Guide for the examination and updated test information. Those applicants that have difficulty accessing a com-



puter may utilize the internet-capable computers at the Bayonne Public Library located at 697 Avenue C.

On Wednesday, August 14, 2019, between the hours of 6:00 p.m. to 8:00 p.m., there will be a member from the Bayonne Police Department Community Policing Unit to assist members of the public in submitting their application for the examination at the Bayonne Public Library in the Arts and Music room.

Police Chief Geisler and I urge eligible residents interested in a challenging and rewarding career in law enforcement to apply for this examination.

The City of Bayonne and the Bayonne Police Department are equal opportunity employers.

I would like to wish all applicants the best as on the Law Enforcement Examination.



[MSNBC] The Last Word With Lawrence [TBS] The Big Bang Theory CC (DVS) [USA] Miz & Mrs CC (DVS) WEDNESDAY 8/7/19 **EVENING** 7:30 2 Entertainment Tonight 📼 7 Wheel of Fortune CC NJTV News With Mary Alice Williams The Big Bang Theory
 C [DISN] Sydney to the Max CC [HBO] VICE News Tonight © [NICK] Hunter Street CC [TBS] Bob's Burgers CC (DVS) Ellen's Game of Games
 CC 5 MasterChef CC (DVS) Press Your Luck CC (DVS) American Songbook at NJPAC American Experience CC (DVS) [AMC] Movie "Pretty Woman" [BRAVO] Southern Charm [C] [CNBC] Deal or No Deal CC [CNN] Anderson Cooper 360 CC [DISN] Movie "Descendants 3" [FOOD] Guy's Grocery Games CC [HBO] Movie "The Favourite" [MSNBC] All In With Chris Haves CC [TBS] The Big Bang Theory CC (DVS) [TNT] Movie "The Huntsman: Winter's War" [USA] Law & Order: Special Victims Unit 8:30 [ESPN2] To Be Announced [TBS] The Big Bang Theory CC (DVS) Card Sharks CC (DVS) Endeavour on Masterpiece CC (DVS) [BRAVO] Southern Charm CC [CNBC] Deal or No Deal CC [CNN] Cuomo Prime Time CC [FOOD] Guy's Grocery Games CC [MSNBC] The Rachel Maddow Show CC [TBS] The Big Bang Theory CC (DVS) 9:30 [TBS] The Big Bang Theory CC (DVS) 5 Fox 5 News at 10 CC Match Game CC (DVS) PIX11 News at Ten To Catch a Comet CC Blue Sky Metropolis CC [BRAVO] Southern Charm New Orleans [CNBC] Deal or No Deal CC [CNN] CNN Tonight With Don Lemon © [DISN] Coop & Cami Ask the World CC [ESPN2] To Be Announced [FOOD] Guy's Grocery Games 📼 [MSNBC] The Last Word With Lawrence [NICK] Friends CC

[AMC] Two and a Half Men CC [BRAVO] Flipping Exes CC [CNBC] Cash Pad CC



A Doc Martin CC [AMC] Two and a Half Men CC [BRAVO] The Real Housewives of Orange County [CNBC] Shark Tank CC [CNN] Anderson Cooper 360 CC [DISN] Movie "Descendants 3" [FOOD] Chopped CC [HBO] Movie "Deadpool 2 [MSNBC] All In With Chris Hayes CC [NICK] Movie 📼 [TBS] The Big Bang Theory CC (DVS) [TCM] Movie "Stormy Weather 8:30 [AMC] Two and a Half Men CC

TUESDAY Cont'd.

[TBS] The Big Bang Theory CC (DVS)

[USA] Modern Family CC (DVS)

America's Got Talent CC

5 Spin the Wheel CC (DVS)

Bachelor in Paradise
 C

9 Chicago P.D. CC (DVS)

American Experience CC (DVS)

8 Father Brown CC

Pandora
 CC

[NICK] Hunter Street CC

8:00 2 Love Island CC

BERGEN POINTS FARM MARKI

TV Talk/Week of August 3 - August 9, 2019

Bless This Mess CC (DVS)

9 Family Feud CC

PIX11 News at Ten
 CC

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[TBS] The Big Bang Theory CC (DVS)

[TCM] Movie "Anatomy of a Murder"

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The ladies grapple with Las Vegas and themselves in Season 3 of 'GLOW'

By George Dickie

It's Viva Las Vegas for the ladies of "GLOW," although some aren't all that enthused, as Season 3 of the '80s-set wrestling dramedy opens this week on Netflix.



Throwing down Friday, Aug. 9, the new batch of 10 episodes takes the wrestlers away from their home of Los Angeles to Sin City to perform at the Fan-Tan Hotel and Casino, where its nightly show is a hit. That's obviously good news not only

for the hotel and its entertainment director, Sandy Devereaux St. Clair (guest star Geena Davis), but also for show owner Bash (Chris Lowell), who was tired of losing money. As for the wrestlers, they'd just as soon be back in L.A. Chief among them is

Debbie (Betty Gilpin), who is having heavy pangs of guilt being away from her toddler son. Also struggling is Ruth (Alison Brie), who misses her photographer boyfriend Russell (Victor Quinaz) but finds a sympathetic ear in Sam (Marc Maron), with whom a complicated

such as Ruth's reconnection with Debbie. "They are sort of able to have a bit of a Las Vegas affair and leave some of their troubles behind in Los Angeles," Brie explains. "So that's really fun, I think, for Ruth to be connecting with Debbie in a way that they used to as friends and it was certainly very fun for Betty and I to be able to play that because we are so

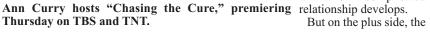
new setting allows the ladies to shed

some L.A. baggage and try new things,

close and we've had to kind of play like we hated each other for two seasons, like it was hard for us to be in the same room together. So we get to actually enjoy each other a bit in Season 3."

But doing the same show night after night gets old and the ladies yearn to break the monotony. In one episode, that means a character swap as Debbie takes on Ruth's Russian character Zoya the Destrover and Ruth adopts Debbie's uberpatriotic Liberty Belle — an experience Brie recalls as fun but also a bit nervewracking.

"I had some minor anxieties about letting go of Zoya for an episode," she says. "And of course, once we got to set it was really fun. It's always fun to play with Betty in the ring so it was one of the best days on set. ... When I was waiting in the crowd and watching Betty as Zoya, I had some mixed emotions of like, 'That's my character.' "



IN FOCUS IN FOCUS IN



"Supermarket Stakeout"

(Food Network — series premiere, Aug. 13)

Shoppers, beware! Alex Guarnaschelli ("Iron Chef," "Chopped") hosts as four chefs square off in a competitive pop-up kitchen outside a grocery store. Assigned a theme for each round, the chefs must size up shoppers as they exit the store and attempt to negotiate for their grocery bags — without knowing what's inside. The winning chef will win enough cash for a year's worth of groceries.

"Zombie Tidal Wave" (Syfy - TV movie premiere, Aug. 17)

If your summer traditions have always included tuning in to Syfy for yet another rendition of a "Sharknado" movie, well, that ship has sailed. However, Ian Ziering is back to star in this new film, which the cablenet hopes will jump-start a new franchise. Here, bloodthirsty zombies wreak havoc after a tidal wave hits a small town. Batten down the hatches!

"The Righteous Gemstones" (HBO — series premiere, Aug. 18)

Eli (John Goodman) is the patriarch of a famous televangelist family with a long tradition of deviance, greed and charitable work. His son, Jesse (Danny McBride), sees himself as the king of the ministry game and expands the empire to a more modern audience. Edi Patterson ("Vice Principals"), Adam Devine ("Pitch Perfect"), Cassidy Freeman ("Smallville") and Tony Cavalero ("School of Rock") also star.



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or an item, many factors must bank. They are a family be taken into consideration. owned and operated automoaffordable prices! You get ex- shop is that they understand



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able Used Car Repair offers needed to complete the task

actly that with Affordable that as new vehicle prices and Used Car Repair. Located at the cost of living increases. 47 Kennedy Blvd. in Bay- our paychecks tend to remain onne, Affordable Used Car at a stand-still. It is for that Repair is owned and operated compassionate reason that by George Abrams and his Affordable Used Care Repair daughter Angel Abrams. allows their customers to maintain and service their vechanic and auto repair man, hicles for longer periods of time on a budget. Again, the name speaks for itself: AF-FORDÂBLE!

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You'll be pleased to know that they also offer an oil change special, check out their ad on page 5 of this magazine for more details. To find out more, stop in at your convenience Monday through Friday, from 8:30 a.m. to 4 p.m. Get your vehicle up and running again at a price that won't make you think twice!



THURSDAY

8/8/19 **EVENING** 7:30 😰 Entertainment Tonight 📼 Modern Family CC Wheel of Fortune CC NJTV News With Mary Alice Williams The Big Bang Theory
 CC black-ish CC (DVS) 1 Treasures of New York [BRAVO] Million Dollar Listing New York CC [DISN] Sydney to the Max CC [HBO] VICE News Tonight CC [NICK] Hunter Street CC [SNY] Amazin' Finishes [TBS] The Big Bang Theory CC (DVS) 8:00 [TBS] The Big Bang Theory CC (DVS) MasterChef CC (DVS)



The Good Wife CC The Outpost CC Great Performances Ancient Skies CC [AMC] Movie "Home Alone" [CNBC] Shark Tank CC CNNI Anderson Cooper 360 📼 [DISN] Movie "Descendants 3" [FOOD] Chopped CC [HBO] Movie "Rampage" [MSNBC] All In With Chris Hayes CC NICK1 Movie 📼 TCM] Ava Gardner: The Gypsy of Hollywood 8:30 2 Young Sheldon CC (DVS) [TBS] The Big Bang Theory CC (DVS) 9:00 🛛 Big Brother 📼 5 Spin the Wheel CC (DVS) Family Food Fight CC (DVS) The Good Wife
 CC Two Sentence Horror Stories CC [BRAVO] Million Dollar Listing New York CC [CNBC] Shark Tank CC [CNN] Cuomo Prime Time CC [FOOD] BBQ Brawl: Flay V. Symon CC [MSNBC] The Rachel Maddow Show CC [TBS] [TNT] Chasing the Cure CC 9:15 [TCM] Movie "The Killers" 9:30 1 Two Sentence Horror Stories 📼 9:50 [HBO] Euphoria CC 10:00 2 Elementary CC Law & Order: Special Victims Unit 5 Fox 5 News at 10 CC 7 Reef Break CC (DVS) 8 SciTech Now 9 Family Feud CC D PIX11 News at Ten 📼 2 To Catch a Comet CC [BRAVO] The Real Housewives of Orange County FRIDAY 8/9/19 **EVENING** 7:30 2 Entertainment Tonight CC Access CC 5 Modern Family CC Wheel of Fortune CC NJTV News With Mary Alice Williams The Big Bang Theory
 CC black-ish cc 2 Consuelo Mack WealthTrack CC [DISN] Sydney to the Max CC [FOOD] Diners, Drive-Ins and Dives 📼 HBO] VICE News Tonight 📼 [NICK] Hunter Street 🚾

Holey Moley CC (DVS)

To Be Announced

[AMC] Movie "Ace Ventura: Pet Detective" [BRAVO] Movie "Tyler Perry's Madea's Witness Protection [CNBC] Shark Tank CC [CNN] Anderson Cooper 360 CC [DISN] Movie "Descendants 3" FOODI Diners, Drive-Ins and Dives CC [HBO] Movie "Bobin Hood" [MSNBC] All In With Chris Haves NICK1 Movie CC [TBS] Movie "Transformers" [TCM] Movie "Whistling in the Dark" [TNT] Movie "The Huntsman: Winter's War' 8:30 1 The Big Stage CC B Firing Line With Margaret Hoover CC [FOOD] Diners, Drive-Ins and Dives CC 9:00 🕑 Magnum P.I. 📼 5 MasterChef CC (DVS) 7 20/20 CC 8 Vera CC CSI: Miami CC Hypnotize Me CC Great Performances
 CC To the Manor Born [CNBC] Shark Tank CC (DVS) [CNN] Anderson Cooper 360 CC [FOOD] Diners, Drive-Ins and Dives 📼 MSNBC1 The Rachel Maddow Show CC 9:30 PT Mum CC [FOOD] Diners. Drive-Ins and Dives CC TCM1 Movie "Whistling in Dixie 10:00 P Blue Bloods CC (DVS) Dateline NBC CC Fox 5 News at 10 CC Family Feud CC D PIX11 News at Ten CC 2 800 Words CC [CNBC] Shark Tank CC (DVS) [CNN] CNN Special Report co [FOOD] Diners, Drive-Ins and Dives 📼 [HBO] Real Time With Bill Maher CC Gourmet Pizzeria & Bistro **Gourmet & Traditional Pizzas** • Calzones • Hot Appetizers • Salads • Pressed Paninis • Original Focaccia • Hot Sandwiches 🚽 Homemade Soups Gourmet & Traditional Pasta Cheese Dishes
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tastyty by George Dickie 'Grand Hotel' actress Adorno talks veganism and why she did it

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Transitioning from an animal- to a plant-based diet doesn't happen overnight.

As with anything, the body needs time to adjust and cravings occur. Also, there are social situations, restaurants, family gatherings and holidays to contend with, all tempting you to go back to old ways. A lot of people do.

But Justina Adorno, who plays socially awkward daughter Yoli in the ABC Monday drama "Grand Hotel," found an unusual but effective way of staying on her straight and narrow path toward veganism.

"It was my love for animals, honestly," she explains. "I love them so much and then I would learn another thing about what happens in the food industry and just go, 'Ugh! What am I doing?' ... Like I watch sometimes those horrible videos of ... what goes on in those factories and I feel like that's the biggest motivation for me, is just seeing the raw, nasty truth of things to make me go, 'This is reality.' So then it makes my 'poor' transition into veganism like I'm not giving anything up, actually. I'm actually saving lives instead of giving up a life, sacricing a life."

Talk to the 28-year-old Bronx, N.Y. native and it's clear she's made the transition successfully. She's downright evangelical when extolling the virtues of a plant-based diet, saying she feels better physically and mentally, especially knowing that her diet doesn't require that animals die. As for the food itself, she says she doesn't feel deprived, citing vegan

versions of burgers, pizza, ice cream, doughnuts and cookies that she says are readily available and satisfying.

"There are cheeses," she says, "like my favorite cheese is a cashewbased cheese. It's so delicious and it's a smoked gouda and sun-dried tomato, like I'm not missing out on anything. You just have to make an extra effort to learn where you can get those things. It's all out there." And she's a big fan of one plant-based meat.



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"The Bevond Meat sausages are like ridiculously amazing," she says. "They're so good. I have never been a sausage person. And that's another thing with vegan, a lot of the foods that I wasn't crazy about, when I became vegan I was like, 'Oh my God, this is amazing! Like sausages, doughnuts, breakfast foods - I never was into it but now I can't stop thinking about it."

As for advice she'd give to anyone considering a

plant-based diet, she says, "If they're really nervous about it, to start slowly, to start basing your meals off of fruits and vegetables and grains and don't even consider (cutting out meat) vet. Make those small adjustments without putting the pressure on there ...

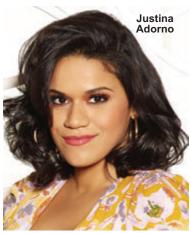
Remind yourself it's something you want to do and to try to nd as many good vegan spots as possible ...

Go to those restaurants that can get you inspired so that you can see how it should be done or how you like it, then you can try to bring it to the house.

"And continue to educate yourself," she continues, "on what's actually happening, depending on why you want to go vegan. If it's health reasons, educate vourself on all the health reasons why it's best to go vegan. And if it's the animals, keep watching what's happening behind closed doors because it'll keep you focused and remind you why you're doing what vou're doing.

"It's an everyday practice like with anything in life."

TV Talk/Week of August 3 - August 9, 2019





THE BOLD AND THE BEAUTIFUL before ending Maura West stars as "Ava" Hope reluctantly wed Thomas after baby his Phoebe interrupted the ceremony. Liam with her. Jack was surprised when Eve Phyllis eventually agreed to collaborate admitted to Liam that she met Flo divorce from Eve.

Ted about the inconsistencies in his statement. Stefan attempted to bargain with Kate. Susan pulled a gun Kristen. on Xander made Kristen grovel

alliance on "General Hospital"

begged his brother to help him find out supported him taking the serum. Jennifer with Abby on the lounge for her new what Flo had been hiding. Meanwhile, was determined to move on and start dat- hotel. Abby and Nate grew closer after a Flo told Shauna that Thomas threatened ing. Haley had disturbing visions of celebratory group dinner. Jack and Ashher life. Wyatt assured Flo that she Claire. Jack shared some surprising news ley returned from Paris, excitedly anshouldn't be afraid to tell him anything. with JJ. Eve took drastic measures to stop nouncing that they'd called a truce. Traci Hope struggled to process that she actu- Jack from regaining his memory, was thrilled by the reunion, but Billy really married Thomas. Steffy caught Liam "Nicole" shared her plans for DiMera fused to trust Ashley again. Phyllis looking at Phoebe's adoption papers. with Brady. Xander and Rex had a fight warned Adam that people were looking Hope got upset when Thomas told her about Sarah. A misguided Tripp tried to into his connection to Chance. Lola sethat he made honeymoon plans. Steffy help Haley. Wait to See: Jack demands a cretly met with Theo, asking him for de-

through Taylor. Later, Liam called the GENERAL HOSPITAL Valentin had a York. After initially blaming each other hospital in Las Vegas where Flo had her tense run-in with Ava. Jordan pushed for Adam's return to the dark side, baby. Having overheard his father's con-Stella for more information. Alexis Chelsea asked Sharon if they could team versation, Douglas asked Steffy about looked for closure. Finn's interest was up instead. Billy continued to be haunted Phoebe's name. Wait to See: Wyatt is piqued. Hayden apologized to Curtis. by Delia in his dreams. Michael feared blindsided by Flo's heartfelt confession. Lucy approached Sasha. Cameron of- for Kevin if he should cross Adam. Wait DAYS OF OUR LIVES Lani questioned fered Josslyn his support. Sonny appre- to See: Christine plots her next move.

ciated Carly's efforts. Sonny made a point of running into Robert. Jason paid Carly a visit. Cameron betrayed a friend. Chase and Finn reconnected. Nina had some bad news to share. Obrecht found herself being of little help. Carly ran into Jax. Ava looked for a second opinion. Liza and Franco did their part. Willow had a change of heart. Drew received a mysterious package. Ava faced her demons. Wait to See: Hayden makes a fool of herself.

THE YOUNG AND THE RESTLESS tails about Kyle's party days in New



HOLLYWOOD — Now that Disney has remade "Aladdin," "The Lion King" and Returns" cost \$30 sequels of "Toy Story 4" and "Frozen 2," it million has turned to "Cruella," a live-action sequel grossed \$345 milto "101 Dalmatians," and a sequel to "The Jion. It didn't win Little Mermaid." Originally Lindsey Lohan any Oscars and was cast as Ariel, but was replaced by Halle didn't get a best-Bailey, and "This Is Us" star Chrissy Metz picture nomination. was replaced by Melissa McCarthy as Ur- One of reasons may have been no hit songs. sula. The role of her father, Triton, was to The original had at least four hits: "A be played by Jeff Bridges and Prince Eric Spoonful of Sugar," "Chim Chim Cher-ee," by Zac Efron, but they are not in the current plan.

While "The Star Wars" sequels have been big winners for Disney, others have not.



Robert Downey Jr.

"Jolly Holiday" and "Supercalifragilisticexpialidocious." No hummable tunes, no know him? The 36-year-old Cavill has not repeat business.

Murray, Sigourney Weaver, Dan Aykroyd, Ernie Hudson and Annie Potts - and add Paul Rudd, with Jason Reitman, the son of original director Ivan Reitman, at the helm. Dan Avkrovd promises. "This flick will connect to the first movie better than any other sequel and in a way that hasn't been done before." The 2016 film with an all-female cast earned \$229 million against a \$144 million cost.

Is "Man of Steel" Henry Cavill turning in his cape for a pipe when he becomes Sherlock Holmes in "Enola Holmes"? He'll play Sherlock to Millie Bobby Brown's Enola Holmes (his much younger sister), which is based on a book by Nancy Springer. Is this the end of Superman as we been linked romantically to anyone since Ellen Whitaker, and he ended it in 2012.

Now that Robert Downey Jr.'s "Iron Man" was killed off in "The Avengers: Endgame," what's next? Downey played "Iron Man," aka Tony Stark, in 11 films in the Marvel Universe. Archival footage in "Spider-Man: Far From Home" payed tribute to him. Beyond the remake of "Doctor Dolittle," due Jan. 17, Downey Jr. is in the sports comedy "All-Star Weekend," which Jamie Foxx wrote, produced, directed and stars in, with Gerald Butler, Eva Longoria and Benicio Del Toro. We know Downey Jr. had superpowers, but can he and Foxx dribble competitively against NBA stars LeBron James and Steph Curry? 917-232-5501



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TV Talk/Week of August 3 - August 9, 2019

SPORTS *programs* Aug. 3 - Aug. 9, 2019 BASEBALL

SATURDAY AUG. 3, 2019 1 p.m. MLB Baseball Boston Red Sox at New YES York Yankees. Yankee Stadium. (N) (Live) ESPN2 2:30 p.m. Little League Baseball Senior League World Series Final: Teams TBA From Fasley S.C. (N) (Live 7 p.m. MLB Baseball New York Mets at Pittsburgh Pirates. PNC Park. (N) (Live) YES 7 p.m. MLB Baseball Boston Red Sox at New ESDN York Yankees, Yankee Stadium, (N) (Live) **SUNDAY AUG. 4. 2019** YES SNY 1:30 p.m. MLB Baseball New York Mets at Pittsburgh Pirates. PNC Park. (N) (Live) ESPN TBS 2 p.m. MLB Baseball Milwaukee Brewers at Chicago Cubs. Wrigley Field. (N Subject to Blackout) (Live) CC ESPN ESPN SNY FSP

ESPN 7 p.m. MLB Baseball Boston Red Sox at New York Yankees. Yankee Stadium. (N) (Live) 2 ESPN2 9 p.m. Little League Baseball Intermediate World Series, Final: Teams TBA. From Max Baer 2 Park in Livermore, Calif. (N) (Live) **MONDAY AUG. 5, 2019** SNY 4 p.m. MLB Baseball Miami Marlins at New York Mets. Citi Field. (N) (Live) ESPN2 7 p.m. Little League Baseball Southeast ESPN Region, First Semifinal: Teams TBA, From Warner Robbins, Ga. (N) (Live) ESPN SNY 7 p.m. MLB Baseball Miami Marlins at New York Mets. Citi Field. (N) (Live) YES YES 7 p.m. MLB Baseball New York Yankees at Baltimore Orioles. Oriole Park at Camden Yards. ESPN 8 p.m. MLB Baseball Teams TBA. (N) (Live) ESPN2 9 p.m. Little League Baseball Southwest ESPN 9 p.m. The Basketball Tournament Region, First Semifinal: Teams TBA, From Waco, Texas. (N) (Live) **TUESDAY AUG. 6. 2019** ESPN 5 p.m. Little League Baseball Southeast Regional, Second Semifinal: Teams TBA. From Warner Robins, Georgia. (N) (Live) ESPN 7 p.m. Little League Baseball Southwest Region, Second Semifinal: Teams TBA. From Waco, Texas, (N) (Live) 5 7 p.m. MLB Baseball Miami Marlins at New York Mets. Citi Field, (N) (Live) YES 7 p.m. MLB Baseball New York Yankees at Baltimore Orioles. Oriole Park at Camden Yards. WEDNESDAY AUG. 7, 2019 4 SNY 12 p.m. MLB Baseball Miami Marlins at New York Mets. Citi Field. (N) (Live) ESPN 1 p.m. Little League Baseball Southwest Region, Final: Teams TBA. From Waco, Texas. ESPN2 ESPN 3 p.m. Little League Baseball Southeast Region, Final: Teams TBA. From Warner Robins 917-232-5501

(Live)

 ESPN
 7 p.m. MLB Baseball Teams TBA. (N) (Live)

 YES
 7 p.m. MI B Baseball New York York
 Baltimore Orioles. Oriole Park at Camden Yards.

Georgia. (N) (Live)

Conn. (N) (Live)

Conn (N) (Live)

Bernardino, Calif. (N) (Live)

Bernardino, Calif, (N) (Live)

Bristol, Conn. (N) (Live)

Bristol, Conn. (N) (Live)

Bernardino, Calif. (N) (Live)

Contest. From Chicago.

YES

THURSDAY AUG. 8, 2019 ESPN 11 a.m. Little League Baseball Midwest Region, First Semifinal: Teams TBA. (N) (Live) ESPN 1 p.m. Little League Baseball New England Region, First Semifinal: Teams TBA. From Bristol,

ESPN 3 p.m. Little League Baseball Northwest Region, First Semifinal: Teams TBA, From San

ESPN 5 p.m. Little League Baseball Great Lakes Region, First Semifinal: Teams TBA. (N) (Live) 7 p.m. Little League Baseball Mid-Atlantic Region, First Semifinal: Teams TBA. From Bristol,

> 7 p.m. MLB Baseball New York Yankees at Toronto Blue Javs. Rogers Centre. (N) (Live) CC 9 p.m. Little League Baseball West Region, First Semifinal: Teams TBA. From San

FRIDAY AUG. 9, 2019

11 a.m. Little League Baseball Midwest Region, Second Semifinal: Teams TBA. (N) (Live) ESPN 1 p.m. Little League Baseball New England Region, Second Semifinal: Teams TBA, From

ESPN 3 p.m. Little League Baseball Northwest Region: Second Semifinal: Teams TBA. From San Bernardino, Calif. (N) (Live) ESPN 5 p.m. Little League Baseball Great Lakes Region, Second Semifinal: Teams TBA. (N) (Live) 7 p.m. Little League Baseball Mid-Atlantic Region, Second Semifinal: Teams TBA, From

> 7 p.m. MLB Baseball Washington Nationals at New York Mets. Citi Field. (N) (Live) 7 p.m. MLB Baseball New York Yankees at Foronto Blue Jays. Rogers Centre. (N) (Live) 📼 9 p.m. Little League Baseball West Region, Second Semifinal: Teams TBA. From San

BASKETBALL

SATURDAY AUG. 3, 2019 1 p.m. BIG3 Basketball Ghost Ballers vs Tri-State. Allstate Arena. (N) (Live) 🖸 2 p.m. BIG3 Basketball Killer 3s vs Bivouac. Allstate Arena. (N) (Live) CC

ESPN2 12:30 a.m. The Basketball Tournament Dunk

SUNDAY AUG. 4, 2019

12 p.m. The Basketball Tournament First Semifinal: Teams TBA. (N) (Live) 2 p.m. The Basketball Tournament Second emifinal: Teams TBA. (N) (Live) 3 p.m. WNBA Basketball Connecticut Sun at New York Liberty. Westchester County Center.

TUESDAY AUG. 6, 2019

Championship: Teams TBA. (N) (Live)

THURSDAY AUG. 8. 2019 ESPN2 10 p.m. WNBA Basketball Phoenix Mercury at Los Angeles Sparks, Staples Center, (N) (Live)

BOXING

SATURDAY AUG. 3, 2019 8 p.m. Boxing PBC: Adam Kownacki vs. Chris Arreola. From Brooklyn, N.Y. (N) (Live)

FOOTBALL THURSDAY AUG. 8, 2019 7 p.m. NFL Preseason Football New York Jets at New York Giants. MetLife Stadium. (N) (Live)

FRIDAY AUG. 9. 2019 10 p.m. CFL Football Ottawa Redblacks at Edmonton Eskimos. Commonwealth Stadium. (N)

	GOLF
(SATURDAY AUG. 3, 2019
4	11 a.m. 2019 AIG Women's British Open Third
	Round. (N) (Live)
GOLF	1 p.m. PGA Tour Golf Wyndham Championship,
_	Third Round. (N) (Live) 📼
2	3 p.m. PGA Tour Golf Wyndham Championship,
GOLF	Third Round. (N) (Live) CC 4 p.m. 2019 AIG Women's British Open Third
	Round.
GOLF	7 p.m. PGA Tour Golf Wyndham Championship,
	Third Round. 📼
	SUNDAY AUG. 4, 2019
4	11:30 a.m. 2019 AIG Women's British Open
	Final Round. (N) (Live)
GOLF	1 p.m. PGA Tour Golf Wyndham Championship,
	Final Round. (N) (Live) CC
2	3 p.m. PGA Tour Golf Wyndham Championship,
GOLF	Final Round. (N) (Live) CC
JULF	4 p.m. 2019 AIG Women's British Open Final Round.
GOLF	7:30 p.m. PGA Tour Golf Wyndham
	Championship, Final Round. CC
	TUESDAY AUG. 6, 2019
GOLF	2 p.m. PGA Tour Golf Wyndham Championship,
JOLF	Final Round. CC
	THURSDAY AUG. 8, 2019
GOLF	10:30 a.m. LPGA Tour Golf Aberdeen Standard
	Investments Scottish Open, First Round. (N)
GOLF	2 p.m. 2019 Northern Trust First Round. From
	Liberty National Golf Course in Jersey City, N.J.
	(N) (Live) CC
GOLF	6 p.m. PGA Korn Ferry Tour Golf WinCo Foods
	Portland Open, First Round. (N) (Live) 📼
	FRIDAY AUG. 9, 2019
GOLF	10:30 a.m. LPGA Tour Golf Aberdeen Standard
	Investments Scottish Open, Second Round. (N)
	(Live) CC
GOLF	2 p.m. 2019 Northern Trust Second Round.
	From Liberty National Golf Course in Jersey City,
GOLF	N.J. (N) (Live) CC 6 p.m. PGA Korn Ferry Tour Golf WinCo Foods
JOLI	Portland Open, Second Round. (N) (Live) ©
GOLF	9:30 p.m. 2019 Northern Trust Second Round.
	From Liberty National Golf Course in Jersey City,
	N.J. CC
	SOCCER
	SULLER
	COOLI

SATURDAY AUG 3 2019

	DATUNDAT AUG. 3, 2019
ESPN2	12:30 p.m. International Champions Cup
	Soccer Manchester United FC vs AC Milan.
	Millennium Stadium. (N) (Live)
5	2:30 p.m. German Super Cup Soccer Borussia
	Dortmund vs FC Bayern Munich. Signal Iduna
	Park. (N) (Live)
5	5 p.m. MLS Soccer LA Galaxy at Atlanta United
	FC. Mercedes-Benz Stadium. (N) (Live)
ISG	6 p.m. MLS Soccer Toronto FC at New York Red
	Bulls. Red Bull Arena. (N) (Live)
ESPN2	10 p.m. Women's Soccer United States vs
	Republic of Ireland. Rose Bowl. (N) (Live)
	SUNDAY AUG. 4, 2019
SPN	4 p.m. MLS Soccer Portland Timbers at

Minnesota United FC. Allianz Field. (N) (Live)

TENNIS

TUESDAY AUG. 6, 2019

MSGPL6 p.m. Tennis Invesco Series: Hawaii Champions Cup. From Maui.

THURSDAY AUG. 8, 2019

ESPN2 12 p.m. ATP Tennis Rogers Cup, Round of 16. From Montreal. (N) (Live)

FRIDAY AUG. 9, 2019

ESPN2 12 p.m. ATP Tennis Rogers Cup, Quarterfinals. From Montreal. (N) (Live) ESPN2 6:30 p.m. ATP Tennis Rogers Cup,

Quarterfinals. From Montreal. (N) (Live) CC

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