


TV Guide • January 10 - January 16

SATURDAY										JANUARY 10																		
	KDLH2 2 CW	KDLH 3 Duluth	TBS 5 Atlanta	KBJR 6 Duluth	WDSE 8 Duluth	WDIO 10 Duluth	KQDS 11 Duluth	CBWT 13 Winnipeg	WGN 21 Chicago	NGC 24	FX 26	DISC 30 Discovery	ESPN 31 Sports	FSN 34 Sports	TLC 35 Learning	NICK 36	A&E 38 Arts	TNT 39 Atlanta	SPIKE 40 SpikeTV	USA 41 New York	LIFE 42 Lifetime	DISN 43 Disney	FAM 49 Family	AMC 52 Classics	SYFY 63 Syfy	HIST 65 History	HGTV 66 Home	
7:AM	Calling Dr. Pol	(6:00) CBS This Morning: Saturday	King of Queens	Today Actor J.K. Simmons.	Daniel Tiger	Good Morning America	Pets.TV	Monster Math	Sexy In 2015!	Paid Program	Buff, Slayer	Joyce Meyer	SportsCenter	Fishing	Sexy In 2015!	Odd Parents	Bounty Hunter	Law & Order 'Misbegotten'	Body Beast!	Paid Program	Paid Program	The 7D	(6:00) ★★ Beverly Hills Chihuahua	The Rifleman	Twilight Zone	America's Book of Secrets	Yard Crashers	
7:30	Calling Dr. Pol		King of Queens		WordGirl		Aqua Kids	Busytown	T25 Sexy Bodies!	Sexy Face at	Lose Weight			We Love It Out Back	Odd Parents	Bounty Hunter	Law & Order 'Bot-tomless'	Bar Rescue	Chrisley Knows	Paid Program	Sofia the First		Movie: ★★ The Flintstones (1994) John Goodman, Elizabeth Perkins.	The Rifleman	Movie: ★★ Lockout (2012, Science Fiction)	America's Book of Secrets "Area 51"	Yard Crashers	
8:AM	Calling Dr. Pol	Lucky Dog	Movie: ★★ Tyler Perry's I Can Do Bad Myself (2009) Tyler Perry, Taraji P. Henson.	Noodle! Doodle	Sesame Street	Benna	Career Day	Animal	Blue Bloods "Collateral Damage"	Wild Justice "Born to Kill"	Anger	Street Outlaws	SportsCenter	Back Roads	Extreme Chea.	SpongeBob	Criminal Minds "Dorado Falls"	Law & Order "Bot-tomless"	Bar Rescue	Chrisley Knows	Paid Program	Austin & Ally	Austin & Ally	Movie: ★★ The Flintstones (1994) John Goodman, Elizabeth Perkins.	The Rifleman	Movie: ★★ Lockout (2012, Science Fiction)	America's Book of Secrets	Yard Crashers
8:30	Dog Whis	Dr. Chris Pet Vet		Astroblast	Martha Speaks	Jack Hanna	Paid Program	(05) Artzooka	Blue Bloods "Linda returns to work."	Wild Justice "Pig Stalkers"	Two and Half Men	Street Outlaws	Postseason NFL Countdown	Water & Woods	Extreme Chea.	SpongeBob	Criminal Minds	Law & Order "Driven"	Bar Rescue	Raiders of the Lost Ark (1981, Adventure)	Paid Program	Austin & Ally	Austin & Ally	Movie: ★★ The Big Country (1958, Western)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
9:AM	Dog Whis	Recipe Rehab		Chica Show	Biz Kid\$	Ocean Mys.	Paid Program	Cross Country	Blue Bloods "Linda returns to work."	Wild Justice "Pig Stalkers"	Two and Half Men	Street Outlaws		Midwest Outlaws	Extreme Chea.	Sanjay, Craig	Criminal Minds	Law & Order "Driven"	Bar Rescue	Raiders of the Lost Ark (1981, Adventure)	Paid Program	Austin & Ally	Austin & Ally	Movie: ★★ The Big Country (1958, Western)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
9:30	Dog Whis	All In W/ Laila Ali		Tree Fu Tom	Knitting Daily	Sea Rescue	Paid Program	Arthur	Blue Bloods "Family Business"	Wild Justice "Deer Meat for Meth"	Two and Half Men	Gold Rush The life of John Schnabel.		Discover WI	Extreme Chea.	Breadwinners	Criminal Minds "Open Season"	Law & Order "Political Animal"	Bar Rescue	Harrison Ford, Karen Allen.	Unsolved Mysteries	Austin & Ally	Austin & Ally	Movie: ★★ Frankenweenie (2012, Comedy)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets "The FBI"	Flip It to Win It	
10:AM	Expedition Wild	Gme Chngers	Movie: ★★ Diary of a Mad Black Woman (2005, Comedy-Drama)	Poppy Cat	Quilt in a Day	Paid Program	Wildlife Docs	My Goldfish	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
10:30	Expedition Wild	TBA		English Premier League Soccer: Crystal Palace FC vs Tottenham	Sew With Nancy	Paid Program	Biz Kid\$	In the Kitchen	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
11:AM	Rock the Park	NCAA Special	Kimberly Elise, Steve Harris.	Premier League Soccer: Crystal Palace FC vs Tottenham	Hope Rising: Trauma Healing	Paid Program	Absolutely Canadian	The Nature of Things	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
11:30	Life and Win! Hollywood	College Basketball: Kentucky at Texas	Movie: ★★ Tyler Perry's Madea Goes to Jail (2009) Tyler Perry, Derek Luke.	Premier League Soccer: Crystal Palace FC vs Tottenham	Hope Rising: Trauma Healing	Paid Program	Absolutely Canadian	The Nature of Things	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
12:PM	On the Spot	A&M. From Reed Arenz in College Station, Texas.	Movie: ★★ Tyler Perry's Madea Goes to Jail (2009) Tyler Perry, Derek Luke.	Premier League Soccer: Crystal Palace FC vs Tottenham	Hope Rising: Trauma Healing	Paid Program	Absolutely Canadian	The Nature of Things	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
1:PM	Great Big World	Movie: ★★ 3000 Miles to Grace-land (2001, Action)	Movie: ★★ Tyler Perry's Madea Goes to Jail (2009) Tyler Perry, Derek Luke.	Premier League Soccer: Crystal Palace FC vs Tottenham	Hope Rising: Trauma Healing	Paid Program	Absolutely Canadian	The Nature of Things	Blue Bloods "Greener Grass"	Wild Justice "Killing for Cash"	Movie: ★★ X-Men Origins: Wolverine (2009, Action)	Gold Rush A new Klondike claim.	College Basketball: Ohio State at Indiana.	Fishing	Extreme Chea.	Power Rangers	Criminal Minds "Elephant's Memory"	Law & Order "Quit Claim" Hit-and-run.	Bar Rescue "Jon of the Dead"	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
2:PM	Movie: ★★ 3000 Miles to Grace-land (2001, Action)	To Be Announced	Friends	NFL Divisional Pregame	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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3:PM	Movie: ★★ 3000 Miles to Grace-land (2001, Action)	To Be Announced	Friends	NFL Divisional Pregame	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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5:PM	Movie: ★★ Employee of the Month (2006)	Evening News	Love-Raymond	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
5:30	Movie: ★★ Employee of the Month (2006)	Evening News	Love-Raymond	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
6:PM	Dane Cook, Jessica Simpson.	TBA	Love-Raymond	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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7:PM	Cheaters "Ian Sutter, Richard Sharp"	Hawaii Five-0 "Akanahoe"	Big Bang Theory	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
7:30	Cops Reloaded	NCIS A possible location for Parsa.	Big Bang Theory	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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9:PM	Engage-ment	48 Hours	Big Bang Theory	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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10:PM	Community	Burn Notice Violent com-men.	Ground Floor	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
10:30	Community	Burn Notice Violent com-men.	Ground Floor	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
11:PM	Movie: Mamitas (2011, Drama)	Scandal "One for the Dog"	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
12:AM	Movie: Mamitas (2011, Drama)	Scandal "One for the Dog"	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	NFL Football: AFC Divisional Playoff - TBA at New England Patriots.	Test Kitchen	ESPN Sports Saturday	Victory Garden's	The Play Exchange	Blue Bloods "Fathers and Sons"	Wild Justice "Boat smells of marijuana."	Movie: ★★ X-Men: First Class (2011) James McAvoy.	Moonsliners "Moonshine River"	College Basketball: Louisville Predators at Minnesota Wild.	10 Biggest Hoards	Extreme Chea.	Odd Parents	Storage Wars	Movie: ★★ Indiana Jones and the Temple of Doom (1984) Harrison Ford, Kate Capshaw.	Bar Rescue "Crappy Canina"	(33) Movie: ★★ Indiana Jones and the Last Crusade (1989, Adventure)	Movie: The Surrogate (2013, Suspense)	Austin & Ally	Austin & Ally	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	Movie: ★★ Star Trek: Nemesis (2002, Science Fiction)	America's Book of Secrets	Flip It to Win It	
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DID YOU KNOW...

- Styrofoam is **NOT** recyclable. It cannot be made into new products even though those who manufacture it want you to think it can.
- On average, Americans throw away 83 styrofoam cups per person per year.
- The total number thrown away in the U.S. per year is 25 trillion. That's enough to circle the globe more than 100 times.

Please use real cups when possible. It will make a difference.



FOR MORE INFORMATION CALL THE ENVIRONMENTAL SERVICES DEPARTMENT AT 283-1157

SUNDAY										JANUARY 11																		
	KDLH2 2 CW	KDLH 3 Duluth	TBS 5 Atlanta	KBJR 6 Duluth	WDSE 8 Duluth	WDIO 10 Duluth	KQDS 11 Duluth	CBWT 13 Winnipeg	WGN 21 Chicago	NGC 24	FX 26	DISC 60 Discovery	ESPN 61 Sports	FSN 34 Sports	TLC 35 Learning	NICK 36	A&E 38 Arts	TNT 39 Atlanta	SPIKE 40 SpikeTV	USA 41 New York	LIFE 42 Lifetime	DISN 43 Disney	FAM 49 Family	AMC 52 Classics	SYFY 63 Syfy	HIST 65 History	HGTV 66 Home	
7:AM	Paid Program	Paid Program	Friends	Today Actress Sophia Bush.	Thomas/Friends	Good Morning America	Wild America	What's News	Paid Program	Paid Program	How I Met	Joel Osteen	SportsCenter	Paid Program	Lose Weight	Power Rangers	Criminal Minds "Open Season"	Law & Order "Dog-fighting ring."	Paid Program	Pastor Chris	Amazing Facts	The 7D	(6:30) Movie: ★ The Flintstones in Viva Rock Vegas	Mad Men Don and Gene cross paths.	Twilight Zone	Down East Dicking	Fixer Upper	
8:AM	In Touch With Dr. Charles Stanley	North Voices	Friends	Meet the Press	Sesame Street	This Week With George...	FOX News Sunday With Chris Wallace	Corona-tion St.	In the Heat of the Night	Ultimate Survival Alaska	How I Met	Dirty Jobs "Scrapple Maker"	SportsCenter	In Depth Outdoors	Say Yes, Dress	Henry Danger	Criminal Minds "Elephant's Memory"	Law & Order "Angelgrove"	Off Road	NCIS Officer's sword.	Joel Osteen	Sofia the First	Austin & Ally	Movie: ★★ Richie Rich (1994) Macaulay Culkin, John LaRoquette.	Movie: ★★ Cujo (1983, Horror) Dee Wallace, Danny Pintauro.	Movie: ★★ Independence Day-saster (2013, Science Fiction) Will Smith, Bill Pullman.	Down East Dicking	Fixer Upper
9:AM	Key of David	Focus T25	Movie: ★★ Man of the Year (2008, Comedy) Robin Williams, Laura Linney, Christopher Walken.	Super Why!	At Issue	Paid Program	Corona-tion St.	In the Heat of the Night	Ultimate Survival Alaska	How I Met	Movie: ★★ X-Men Origins: Wolverine (2009, Action) Hugh Jackman, Liev Schreiber, will.i.am.	Postseason NFL Countdown	Outdoors	Say Yes, Dress	SpongeBob	Criminal Minds "Bloodline"	Law & Order "Burn Card"	Truck Tech	NCIS "Eye Spy"	Unsolved Mysteries	Movie: ★★ Hidden Away (2013, Suspense) Emmanuelle Vaugier, Ivan Sergei.	Austin & Ally	Movie: ★★ Death Wish (1994) Charles Bronson, Deborah Kara Gien.	Movie: ★★ Stargate (1994, Science Fiction) Kurt Russell, James Spader.	Movie: ★★ Independence Day (1996) Will Smith, Bill Pullman.	Down East Dicking	Fixer Upper	
10:AM	Midwest Grilling	Face the Nation	Paid Program	This Old House	Sunday Mass	Paid Program	Corona-tion St.	In the Heat of the Night	Ultimate Survival Alaska	How I Met	Movie: ★★ X-Men Origins: Wolverine (2009, Action) Hugh Jackman, Liev Schreiber, will.i.am.	Postseason NFL Countdown	Outdoors	Say Yes, Dress	SpongeBob	Criminal Minds "Bloodline"	Law & Order "Burn Card"	Truck Tech	NCIS "Eye Spy"	Unsolved Mysteries	Movie: ★★ Hidden Away (2013, Suspense) Emmanuelle Vaugier, Ivan Sergei.	Austin & Ally	Movie: ★★ Death Wish (1994) Charles Bronson, Deborah Kara Gien.	Movie: ★★ Stargate (1994, Science Fiction) Kurt Russell, James Spader.	Movie: ★★ Independence Day (1996) Will Smith, Bill Pullman.	Down East Dicking	Fixer Upper	
11:AM	Game Plane	To Be An-nounced	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	MotorWeek	Outdoor Bound	Paid Program	Corona-tion St.	In the Heat of the Night	Ultimate Survival Alaska	How I Met	Movie: ★★ X-Men Origins: Wolverine (2009, Action) Hugh Jackman, Liev Schreiber, will.i.am.	Postseason NFL Countdown	Outdoors	Say Yes, Dress	SpongeBob	Criminal Minds "Bloodline"	Law & Order "Burn Card"	Truck Tech	NCIS "Eye Spy"	Unsolved Mysteries	Movie: ★★ Hidden Away (2013, Suspense) Emmanuelle Vaugier, Ivan Sergei.	Austin & Ally	Movie: ★★ Death Wish (1994) Charles Bronson, Deborah Kara Gien.	Movie: ★★ Stargate (1994, Science Fiction) Kurt Russell, James Spader.	Movie: ★★ Independence Day (1996) Will Smith, Bill Pullman.	Down East Dicking	Fixer Upper	
12:PM	Paid Program	Anti-Aging	College Basketball: Duke at North Carolina State. From the Daily Basketball Center in Raleigh, N.C.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
1:PM	Murdoch Mysteries "Houdini Whodunit"	Duke at North Carolina State. From the Daily Basketball Center in Raleigh, N.C.	PGA Tour	Almanac North	PGA Tour	Almanac North	PGA Tour	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
2:PM	Movie: ★★ The Eye (2008, Horror) Jessica Alba, Alessandro Nivola.	The NFL Today	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
3:PM	Movie: ★★ The Eye (2008, Horror) Jessica Alba, Alessandro Nivola.	The NFL Today	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
4:PM	Movie: ★★ The Eye (2008, Horror) Jessica Alba, Alessandro Nivola.	The NFL Today	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
5:PM	Movie: ★★ The Eye (2008, Horror) Jessica Alba, Alessandro Nivola.	The NFL Today	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The Incredible Hulk (2008, Action) Edward Norton, Liv Ullmann, Tim Roth.	Alaska: The Last Frontier	PBA Bowling: World Championship. From Las Vegas.	Dateline: Real Life Mysteries	Henry Danger	Transport	Movie: ★★ Spider-Man (2002, Action) Tobey Maguire, Willem Dafoe, Kirsten Dunst.	Bar Rescue "Bug Bite"	NCIS Bored housewives	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Austin & Ally	Movie: ★★ The Good Mother (2013, Suspense) Helen Slater, Meaghan Martin.	Down East Dicking	Fixer Upper
6:PM	Movie: ★★ The Eye (2008, Horror) Jessica Alba, Alessandro Nivola.	The NFL Today	Movie: ★★ The Family Man (2000) Nicolas Cage, Tea Leoni, Don Cheadle.	PGA Tour	Almanac North	PGA Tour	Almanac North	Religion & Ethics	The Mind of a Chef	Hard Time "Reviving Door"	Movie: ★★ The																	