


TV Guide • January 31 - February 6

SATURDAY															JANUARY 31												
	KDLH2 2 CW	KDLH3 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 48 Disney	FAM 49 Family	AMC 52 Classics	SYFY 53 Syfy	HIST 55 History	HGTV 56 Home
7:AM	Calling Dr. Pol :30 Calling Dr. Pol	6:00 CBS This Morning: Saturday	Love-Raymond Love-Raymond	Today	Daniel Tiger Good Morning America	Pets.TV Aqua Kids	Monster Math Busytown	Paid Program Paid Program	Paid Program Paid Program	Bufy, Slayer Anger	Joyce Meyer Anger	SportsCenter	Fishing We Love It! Outdoor	Paid Program Paid Program	The Fairly OddParents SpongeBob	Dog the Bounty Hunter SpongeBob	Law & Order "Purple Heart" "Switch"	Bar Rescue "On the Rocks" "On the Rocks"	Remove Hair Lose Weight	The 7D Sofia the First	(6:00) Another Cinderella Story (2008)	The Rifleman The Rifleman	Movie: ★★ Let Me In (2010, Horror) Kodi Smith-McPhee, Chloë Grace Moretz.	Swamp People "No Tomorrow" Swamp People	Bath Crashers Bath Crashers		
8:AM	Calling Dr. Pol :30 Dog Whis	Lucky Dog :30 Dog Whis	King of Queens :30 Dog Whis	Poppy Cat :30 Dog Whis	Sesame Street :30 Dog Whis	Benna :30 Dog Whis	Career Day :30 Dog Whis	Animal :30 Dog Whis	Law & Order "Double Down" :30 Dog Whis	Filthy Riches "Harvest Moon" :30 Dog Whis	Anger :30 Dog Whis	SportsCenter	Back Roads :30 Dog Whis	Little and Looking for Love :30 Dog Whis	SpongeBob :30 Dog Whis	Dog the Bounty Hunter :30 Dog Whis	Law & Order "Switch" :30 Dog Whis	Bar Rescue "On the Rocks" :30 Dog Whis	Paid Program :30 Dog Whis	Girl Meets :30 Dog Whis	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Dog Whis	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Recon" Swamp People	Bath Crashers :30 Dog Whis		
9:AM	Dog Whis :30 Dog Whis	Innovation Nat :30 Dog Whis	Movie: ★★ Duplex (2003, Comedy) Ben Stiller, Drew Barrymore.	Poppy Cat :30 Dog Whis	Sesame Street :30 Dog Whis	Benna :30 Dog Whis	Career Day :30 Dog Whis	Animal :30 Dog Whis	Law & Order "Double Down" :30 Dog Whis	Filthy Riches "Harvest Moon" :30 Dog Whis	Anger :30 Dog Whis	SportsCenter	Back Roads :30 Dog Whis	Little and Looking for Love :30 Dog Whis	SpongeBob :30 Dog Whis	Dog the Bounty Hunter :30 Dog Whis	Law & Order "Switch" :30 Dog Whis	Bar Rescue "On the Rocks" :30 Dog Whis	Paid Program :30 Dog Whis	Girl Meets :30 Dog Whis	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Dog Whis	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Recon" Swamp People	Bath Crashers :30 Dog Whis		
10:AM	Dog Whis :30 Expedition Wild	Recipe Rehab :30 Expedition Wild	Movie: ★★ Duplex (2003, Comedy) Ben Stiller, Drew Barrymore.	Poppy Cat :30 Dog Whis	Sesame Street :30 Dog Whis	Benna :30 Dog Whis	Career Day :30 Dog Whis	Animal :30 Dog Whis	Law & Order "Double Down" :30 Dog Whis	Filthy Riches "Harvest Moon" :30 Dog Whis	Anger :30 Dog Whis	SportsCenter	Back Roads :30 Dog Whis	Little and Looking for Love :30 Dog Whis	SpongeBob :30 Dog Whis	Dog the Bounty Hunter :30 Dog Whis	Law & Order "Switch" :30 Dog Whis	Bar Rescue "On the Rocks" :30 Dog Whis	Paid Program :30 Dog Whis	Girl Meets :30 Dog Whis	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Dog Whis	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Recon" Swamp People	Bath Crashers :30 Dog Whis		
11:AM	Expedition Wild :30 Rock the Park	Game Changers :30 Rock the Park	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
12:PM	Live Life and Win! :30 Hollywood	College Basketball: Arkansas at Florida.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
1:PM	On the Spot :30 Great Big Wild	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
2:PM	Hollywood :30 Movie: ★★ Crouching Tiger, Hidden Dragon (2000, Adventure)	PGA Tour Golf: Waste Management Phoenix Open, Third Round. From TPC Scottsdale in Scottsdale, Ariz.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
3:PM	Crouching Tiger, Hidden Dragon (2000, Adventure)	PGA Tour Golf: Waste Management Phoenix Open, Third Round. From TPC Scottsdale in Scottsdale, Ariz.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
4:PM	Chow Yun-Fat, Michelle Yeh.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Movie: ★★ Head of State (2003, Comedy) Chris Rock, Bernie Mac.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
5:PM	Movie: ★★ Summer Catch (2001) Freddie Prince Jr., Jessica Biel.	Paid Program :30 Movie: ★★ Summer Catch (2001) Freddie Prince Jr., Jessica Biel.	Paid Program :30 Movie: ★★ Summer Catch (2001) Freddie Prince Jr., Jessica Biel.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
6:PM	Freddie Prince Jr., Jessica Biel.	Paid Program :30 Movie: ★★ Summer Catch (2001) Freddie Prince Jr., Jessica Biel.	Paid Program :30 Movie: ★★ Summer Catch (2001) Freddie Prince Jr., Jessica Biel.	Premier League :30 Rock the Park	Quilt in a Day :30 Rock the Park	X Games: Aspen Skiing Anthology. From Aspen, Colo.	College Basketball: Providence at St. John's.	Best Recipes in the Kitchen :30 Rock the Park	Yukon Gold "Gold Fever!" :30 Rock the Park	Yukon Gold "Run for the Money!" :30 Rock the Park	Anger :30 Rock the Park	SportsCenter	Back Roads :30 Rock the Park	Little and Looking for Love :30 Rock the Park	SpongeBob :30 Rock the Park	Dog the Bounty Hunter :30 Rock the Park	Law & Order "Switch" :30 Rock the Park	Bar Rescue "On the Rocks" :30 Rock the Park	Paid Program :30 Rock the Park	Girl Meets :30 Rock the Park	Movie: ★★ Mean Girls 2 (2011, Comedy) Meaghan Martin, Maiara Walsh.	The Rifleman :30 Rock the Park	Richard Jenkins. Movie: ★★ Children of the Corn (2009) David Anders, Kandice McCulre.	Swamp People "Aerial Assault" Swamp People	Bath Crashers :30 Rock the Park		
7:PM	Cheaters :30 Cops Reloaded	Hawaii Five-0 "Ku I Ka Pili Koko" :30 Cops Reloaded	Big Bang Theory :30 Cops Reloaded	Saturday Night Live-Sports :30 Cops Reloaded	Duluth Superior Symphony Orchestra Live Winter Love Affair :30 Cops Reloaded	To Be Announced :30 Cops Reloaded	Backstrom "Dragon Slayer" :30 Cops Reloaded	Red Band Society "The Guilted Age" :30 Cops Reloaded	Blue Bloods "Black and Blue" :30 Cops Reloaded	Drugs, Inc. "Mardi Gras" :30 Cops Reloaded	Mike & Molly :30 Cops Reloaded	Myth-Busters "The A-Team Special" :30 Cops Reloaded	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Cops Reloaded	Untold Stories of the E.R. :30 Cops Reloaded	Bella, Bulldogs :30 Cops Reloaded	Henry Danger :30 Cops Reloaded	The First 48 "Deadly Morning" :30 Cops Reloaded	Transporter: The Series :30 Cops Reloaded	Funniest Commercials of the Year :30 Cops Reloaded	Beyond the Headlines: Novack :30 Cops Reloaded	Mighty Med :30 Cops Reloaded	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Cops Reloaded	Property Brothers "Kristine & Paul" :30 Cops Reloaded		
8:PM	Cops Reloaded	Hawaii Five-0 "Ku I Ka Pili Koko" :30 Cops Reloaded	Big Bang Theory :30 Cops Reloaded	Saturday Night Live-Sports :30 Cops Reloaded	Duluth Superior Symphony Orchestra Live Winter Love Affair :30 Cops Reloaded	To Be Announced :30 Cops Reloaded	Backstrom "Dragon Slayer" :30 Cops Reloaded	Red Band Society "The Guilted Age" :30 Cops Reloaded	Blue Bloods "Black and Blue" :30 Cops Reloaded	Drugs, Inc. "Mardi Gras" :30 Cops Reloaded	Mike & Molly :30 Cops Reloaded	Myth-Busters "The A-Team Special" :30 Cops Reloaded	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Cops Reloaded	Untold Stories of the E.R. :30 Cops Reloaded	Bella, Bulldogs :30 Cops Reloaded	Henry Danger :30 Cops Reloaded	The First 48 "Deadly Morning" :30 Cops Reloaded	Transporter: The Series :30 Cops Reloaded	Funniest Commercials of the Year :30 Cops Reloaded	Beyond the Headlines: Novack :30 Cops Reloaded	Mighty Med :30 Cops Reloaded	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Cops Reloaded	Property Brothers "Kristine & Paul" :30 Cops Reloaded		
9:PM	Engage-ment	48 Hours :30 Engage-ment	Big Bang Theory :30 Engage-ment	NFL Honors the best athletes and performances of the season. :30 Engage-ment	New Red Green :30 Engage-ment	News :30 Engage-ment	Animation Domination High-Def :30 Engage-ment	NHL Hockey: Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Philadelphia.	Blue Bloods "Innocence" :30 Engage-ment	Underworld, Inc. "Human Cargo" :30 Engage-ment	Mike & Molly :30 Engage-ment	Myth-Busters "The A-Team Special" :30 Engage-ment	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Engage-ment	Untold Stories of the E.R. :30 Engage-ment	Bella, Bulldogs :30 Engage-ment	Henry Danger :30 Engage-ment	The First 48 "Deadly Morning" :30 Engage-ment	Transporter: The Series :30 Engage-ment	Funniest Commercials of the Year :30 Engage-ment	Beyond the Headlines: Novack :30 Engage-ment	Mighty Med :30 Engage-ment	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Engage-ment	Property Brothers "Kristine & Paul" :30 Engage-ment		
10:PM	Community	Burn Notice "Enemies Closer" :30 Community	Ground Floor :30 Community	KBJR 6-News (29) Saturday Night Live :30 Community	Austin City Limits :30 Community	News :30 Community	Animation Domination High-Def :30 Community	NHL Hockey: Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Philadelphia.	Blue Bloods "Innocence" :30 Community	Underworld, Inc. "Human Cargo" :30 Community	Mike & Molly :30 Community	Myth-Busters "The A-Team Special" :30 Community	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Community	Untold Stories of the E.R. :30 Community	Bella, Bulldogs :30 Community	Henry Danger :30 Community	The First 48 "Deadly Morning" :30 Community	Transporter: The Series :30 Community	Funniest Commercials of the Year :30 Community	Beyond the Headlines: Novack :30 Community	Mighty Med :30 Community	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Community	Property Brothers "Kristine & Paul" :30 Community		
11:PM	Movie: ★★ Single White Female (1992) Bridget Fonda.	Scandal "Whiskey Tango Foxtrot" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	King of the Nerds :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Super Bowl XLIX Pregame :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Austin City Limits :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	News :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Animation Domination High-Def :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	NHL Hockey: Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Philadelphia.	Blue Bloods "Innocence" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Underworld, Inc. "Human Cargo" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Mike & Molly :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Myth-Busters "The A-Team Special" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Untold Stories of the E.R. :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Bella, Bulldogs :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Henry Danger :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	The First 48 "Deadly Morning" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Transporter: The Series :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Funniest Commercials of the Year :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Beyond the Headlines: Novack :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Mighty Med :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Property Brothers "Kristine & Paul" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.		
12:AM	Scandal "Whiskey Tango Foxtrot" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Scandal "Whiskey Tango Foxtrot" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	King of the Nerds :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Super Bowl XLIX Pregame :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Austin City Limits :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	News :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Animation Domination High-Def :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	NHL Hockey: Edmonton Oilers at Calgary Flames. From Scotiabank Saddledome in Philadelphia.	Blue Bloods "Innocence" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Underworld, Inc. "Human Cargo" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Mike & Molly :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Myth-Busters "The A-Team Special" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	NBA Basketball: Los Angeles Clippers at San Antonio Spurs. :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Untold Stories of the E.R. :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Bella, Bulldogs :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Henry Danger :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	The First 48 "Deadly Morning" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Transporter: The Series :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Funniest Commercials of the Year :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Beyond the Headlines: Novack :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Mighty Med :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Movie: ★★ Blade: Trinity (2004) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula.	Appalachian Outlaws "Melissa & Joe" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.	Property Brothers "Kristine & Paul" :30 Movie: ★★ Single White Female (1992) Bridget Fonda.		



Did you know: Certain dioxins are considered to be one of the most lethal human-made poisons, second in toxicity only to radioactive waste?


Did you know: Burning household garbage releases about 20 times more dioxin per pound of garbage than a state-of-the-art incinerator?

Did you know: Just three ounces of the wrong kind of dioxin can kill up to a million people?

Did you know: Dioxin can stay in the soil for centuries and build up in the fat cells through consumption of plants and animals?

Burning garbage is illegal, unhealthy and wasteful...so why do it?

For more information call the Environmental Services Department at 283-1157



SUNDAY															FEBRUARY 1														
	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 48 Disney	FAM 49 Family	AMC 52 Classics	SYFY 53 Syfy	HIST 55 History	HGTV 56 Home		
7:AM	Paid Program :30 In Touch With Dr. Charles Stanley	Paid Program :30 North Voices	Friends :30 Friends	Today :30 Meet the Press	Thomas/Friends Daniel Tiger	Good Morning America :30 Sesame Street	Wild America :30 FOX News Sunday With Chris Wallace	What's-News :30 Coronation St.	The Key of David :30 Law & Order "Thrill"	Paid Program :30 Ultimate Survival Alaska	How I Met :30 Movie: ★★ Immortals (2011, Adventure)	Joel Osteen :30 Jungle Gold: Behind the Scenes	(5:30) SportsCenter :30 In Depth Outdoors	Paid Program :30 Kate Plus 8 "Rocking the Boat"	Lose Weight :30 Bella, Bulldogs	Power Rangers :30 Henry Danger	(6:00) Dog the Bounty Hunter :30 Dog the Bounty Hunter	Law & Order "Murder Book" :30 Law & Order "Hubris"	Paid Program :30 Off Road	Pastor Chris Joel Osteen :30 Sirens	Amazing Facts :30 Joel Osteen	Doc McSt. :30 Sofia the First	(6:00) Movie: ★★ Miles Congeniality	Mad Men :30 Mad Men "The Good News"	Wizards of Waverly Place :30 Wizards of Waverly Place	Swamp People :30 Swamp People "Hooked"	Fixer Upper :30 Fixer Upper		
8:AM	Key of David	CBS News Sunday Morning	Friends :30 Movie: ★★ Valentine's Day (2010, Romance-Comedy)	Can't Sleep?	Sesame Street :30 Super Why!	This Week With George... :30 At Issue	FOX News Sunday With Chris Wallace :30 Paid Program	Coronation St. :30 Coronation St.	Law & Order "Thrill"	Ultimate Survival Alaska :30 Paid Program	How I Met :30 Movie: ★★ Immortals (2011, Adventure)	Jungle Gold: Behind the Scenes	SportsCenter :30 In Depth Outdoors	Kate Plus 8 "Rocking the Boat"	Bella, Bulldogs :30 Bella, Bulldogs	Henry Danger :30 Henry Danger	Dog the Bounty Hunter :30 Dog the Bounty Hunter	Law & Order "Hubris"	Off Road	Sirens	Joel Osteen	Friends-Heart.	Movie: ★★ Dr. Do-Ittle (1998, Comedy)	Mad Men :30 Mad Men "The Rejected"	Movie: ★★ Chupacabra vs. the Aiamo (2013) Erik Estrada, Julia Benson.	Swamp People :30 Swamp People	Fixer Upper :30 Fixer Upper		
9:AM	Paid Program :30 Midwest Grilling	Face the Nation	FREE Over!	Venture North	Outdoor Bound	Sunday Mass	Paid Program	Coronation St.	Law & Order "Navv Blues"	Ultimate Survival Alaska :30 Paid Program	Remote Survival "Panic But-ton"	To Be An-nounced	Postseason NFL Count-down	Outdoors	Kate Plus 8 "The Room Project"	Teenage Mut.	Nightwatch	Law & Order "Myth of Finger-prints"	Truck Tech	Suits Jessica tries to appease Louis.	Movie: ★★ The Holiday (2006) Cameron Diaz. Two women from different countries swap homes at Christmas.	Austin & Lily	Movie: ★★ Beauty Shop (2005, Comedy)	The Walking Dead "Guts"	Movie: ★★ Mega Python vs. Gatoroid (2011) Debbie Gibson, Tiffany.	Swamp People :30 Swamp People	Fixer Upper :30 Fixer Upper		
10:AM	Paid Program :30 Game Plane	Home-Edmund	Together, We Make Football	Motor/Week	Outdoor Bound	Adventure	Paid Program	Best Recipes	How I Met	Southern Justice	Movie: ★★ The Bourne Legacy (2012) Jeremy Renner, Jason	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Toddler Bowl	Carly	Criminal Minds	Law & Order "Patient Zero"	Cops	Law & Order: Special Victims Unit	Dog With a Blog	Movie: ★★ Stolen From the Womb (2014) Laura Men-nell, Larisa Oleynik.	Dog With a Blog	Movie: ★★ What to Expect When You're Expecting (2012)	The Walking Dead "Wildfire"	Movie: ★★ Mega Shark vs. Crocosaur-us (2010)	Property Brothers "Amry & Graham"			
11:AM	Sit & Workout!	College Basketball: Michigan at Michigan State.	Super Bowl XLIX Pregame Bow Costas and the "Football Night in America" crew preview Super Bowl XLIX. From Glendale, Arizona.	Charlie Rose	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
12:PM	Murdoch Mysteries	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
1:PM	The Pinker-tons	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
2:PM	Movie: ★★ Henry's Crime (2010, Comedy) Keanu Reeves, James Cag.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
3:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
4:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
5:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
6:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
7:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
8:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
9:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
10:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
11:PM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			
12:AM	Movie: ★★ Wild West (1999, Action) Will Smith, Kevin Kline.	PGA Tour Golf: Waste Management	Phoenix Open, Final Round. From TPC Scottsdale in Scottsdale, Ariz.	Religion & Ethics	M*A*S*H	M*A*S*H	Family Feud	Steven and Chris	How I Met	Southern Justice	Movie: ★★ We Bought a Zoo (2011, Comedy-Drama)	NBA Basketball: Los Angeles Lakers at New York Knicks.	Sports Unlimited	Henry Danger	Bella, Bulldogs	Criminal Minds	Law & Order "Remand"	Cops	Law & Order: Special Victims Unit	Austin & Ally	Movie: ★★ Killing Daddy (2014, Suspense)	Austin & Ally	Movie: ★★ School Musical 2 (2007) Zac Efron, Vanessa Hudgens.	The Walking Dead "TS-19"	Movie: ★★ Airplane vs. Volcano (2014) Dean Cain, Robin Givens.	Property Brothers "Krista and Sunit"			