Challenge pays off for students

'Tis the season … to select just the right classes for middle school and high school.

Soon students will choose their coursework for the upcoming school year. ACT wants to help students and their parents make the right decisions to pave the way for future success.

The general rule of thumb? Students should take the most challenging courses they can handle. That's the best way to prepare for college and careers. Too many students take the easy way out, avoiding classes that may seem difficult. Courses that don't challenge students won't prepare them for academic and career success.

A college-preparatory curriculum is the right choice for most students — even if college isn't on their radar. As technology advances, more jobs require at least some post-high school education. The academic skills needed for success in job training programs are nearly the same as those needed for the first year of college.

ACT recommends students take the following courses:

• Four years of English.

• Mathematics: Three years, including algebra I, geometry, and algebra II.

• Natural Sciences: Three years, including biology, chemistry and physics.

• Social Studies: Three years.

ACT is an independent, not-for-profit organization that provides over one hundred assessment, research, information and program management services in the areas of education and workforce development.

Start now to claim tax benefits

MANHATTAN — The April 15 deadline for filing federal and state income taxes is months away, but taxpayers who gather and organize their tax information early can be better able to take advantage of tax credits and free tax-preparation services.

Filing early also can speed that refund, said Carol Young, Kansas State University Research and Extension financial management specialist. She offered these tax tips:

• Start now to organize and categorize receipts.

• Check to see if you qualify for one or more tax credits. For example, working individuals or families who have children and earn $37,000 or less, often can receive an Earned Income Tax Credit. Some low-wage taxpayers without children are eligible, too. Details are available at www.irs.gov/eitc.

• Free tax preparation services for low-income and older adults are offered by volunteer organizations in many areas. These include Volunteer Income Tax Assistance , Tax Counseling for the Elderly and the American Association of Retired Persons Tax-Aide program. Some K-State Research and Extension offices partner with volunteer tax sites to encourage taxpayers to save refunds and "saved" tax preparation fees to build emergency savings.

• If due a sizeable refund, meet with your employer's human resources agent to adjust your salary withholding to better match your tax liability for the coming year. This typically increases take-home pay. And, rather than providing the government an interest-free loan by paying excess withholding each month, you can deposit that money in a savings account.

• File electronically to speed the process (and possible refund) and reduce paperwork.

More tips on managing money are available at county extension offices and on the extension website: www.oznet.ksu.edu/financialmanagement/.

Zebra fish help research on 'mad cow'

The zebra fish could be the latest piece in the jigsaw in the fight against bovine spongiform encephalopathy, commonly known as mad cow disease, and chronic wasting disease.

The fish are being used in the labs at the Alberta Prion Research Institute as fruit flies and mice are used in other labs.

Dr Ted Allison is using them help define the normal role of the prion protein in a healthy brain and compare that to what the protein is doing in a diseased brain, according to a report in Troy Media.

"Because zebra fish have a lot of advantages as a model," he said, "we're able to modify the genes easily. We're able to knock down gene expression or make transgenic fish genes to increase expression. This means we can alter proteins that we expect to be related to prion protein and interact with prion protein.

Allison said a new genetic phenotype has emerged. When prion protein levels are knocked down in zebra fish, their brains fail to develop properly. This phenotype does not persist in mice. The discovery is an important step toward better understanding of prion function, he said.

Allison is an assistant professor in biological sciences at the University of Alberta. He is also a researcher with the institute and the university's Centre for Prions and Prion Folding Diseases.

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SUNDAY JANUARY 11

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC 4 6	In Touch With Dr. Charles Stanley		Good Morning America (N) (CC)		This Week-George Stephanopoulos		Hour of Power (CC)		Houses For $300	Paid Program	First United Methodist Church	
KSNK/NBC 8 8	(Off Air)	Paid Program	Today (N) (CC)		Meet the Press (N) (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Hip Hop Abs	Walk Yr Way
KBSL/CBS 12 11	Paid Program	Newspring TV	Cake (EI) (CC)	Horseland (EI)	CBS News Sunday Morning (N) (CC)			Face the Nation	Dino Squad	Sushi Pack (EI)	Paid Program	Paid Program
K15CG 2	Mister Rogers	Barney-Friends	Ninos en-Casa	Plaza Sesamo	Kindergarten	Mama-Movies	Wishbone	Lomax: Hound	Animalia	Keeping Kids	Wealth-Track	To the Contrary
ESPN 28	NFL	NFL Matchup	SportsCenter (Live) (CC)		Outside Lines	Sports Reportrs	SportsCenter (Live) (CC)		NFL Countdown (Live) (CC)			
USA 37	Paid Program	Changing	Ed Young	Joel Osteen	Monk Mr. Monk and the Other Brother		Psych Six Feet Under the Sea (CC)		Monk Mr. Monk and the Other Brother		Psych Six Feet Under the Sea (CC)	
TBS 38	(5:00) Movie: Crocodile D		Movie: The Whole Ten Yards ★½ (2004, Comedy) *Bruce Willis, Matthew Perry.* (CC)				Movie: American Pie Presents: Band Camp (2005, Comedy) *Tad Hilgenbrinck.*				Movie: Zoolander ★★½ (2001) (CC)	
WGN 39	Paid Program	Amazing Facts	Key of David	Billy Graham	Jimmy Swaggart (CC)		Feed the Children	Paid Program	Whacked Out	Whacked Out	Boston Legal Let Sales Ring (CC)	
TNT 40	(5:30) Movie: Enough ★★ (2002, Suspense) *Jennifer Lopez.* (CC)				Movie: Boyz N the Hood ★★★½ (1991, Drama) *Larry Fishburne, Ice Cube.* (CC)				Movie: Biker Boyz (2003) A young man joins the world of illegal motorcycle racing.			
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Time Warp	Time Warp	MythBusters (CC)		MythBusters Lead Balloon (CC)		Dirty Jobs Worm Dung Farmer (CC)	
A&E 47	Biography Davy Jones (CC)		Biography Meatloaf (CC)		Private Sessions Lindsey Buckingham		The Sopranos Rat Pack (CC)		The Sopranos Where's Johnny?		Movie: Road House ★★ (1989) (CC)	
HIST 48	Mountains and Man (CC)		Decoding the Past (CC)		Bible Code: Predicting		Earth's Black Hole (CC)		Black Blizzard (CC)			
NICK 55	Jimmy Neutron	Jimmy Neutron	OddParents	OddParents	SpongeBob	SpongeBob	Barnyard	Mighty B	SpongeBob	SpongeBob	SpongeBob	SpongeBob
DISN 56	The Wiggles	Einsteins	Tigger & Pooh	Handy Manny	Mickey Mouse	Mickey Mouse	Imag. Movers	Handy Manny	Phineas and Ferb	Phineas and Ferb	Movie: Beethoven Big	
FAM 58	Step by Step	Step by Step	Sabrina-Witch	Sabrina-Witch	Movie: The Karate Kid ★★½ (1984) A Japanese handyman teaches a teenager to defend himself. (CC)					Movie: The Karate Kid, Part Two ★★½ (1986, Action) (CC)		
HALL 60	Odyssey Network Presents		NASCAR Angels	I Love Lucy	I Love Lucy	I Love Lucy	7th Heaven Halloween (CC)		7th Heaven Saturday (CC)		7th Heaven What Will People Say?	

SUNDAY JANUARY 11

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC 4 6	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Colon Detox	Wipeout (CC)		ABC News	News (N) (CC)
KSNK/NBC 8 8	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Food Fast	Action Sports Mt. Snow, Vt. (Live) (CC)				Storm Stories	NBC News
KBSL/CBS 12 11	Paid Program	College Basketball: Wisconsin at Purdue. (Live) (CC)					NFL Today	NFL Football: AFC Divisional Playoff -- Team TBA at Pittsburgh Steelers. Heinz Field. (Live) (CC)				
K15CG 2	McLaughlin	McLaughlin	Theology	Religion-Ethics	Classic Gospel (CC)		Healthy Body	Doctors on Call	Sewing-Nancy	Beads, Baubles	Bill Moyers on Faith & Reason	
ESPN 28	PBA Bowling: National Stadium Championship. (Live)			Billiards	Billiards: 2007		Billiards: Women's Tour. of Champions		Billiards: Women's Tour. of Champions		Billiards: Women's Tour. of Champions	
USA 37	Movie: Patch Adams (1999) A doctor truly believes that laughter is the best medicine.				Movie: Little Miss Sunshine ★★★½ (2006, Comedy-Drama) *Greg Kinnear.*				Movie: The Queen ★★★½ (2006, Biography) *Helen Mirren.* (Premiere) (CC)			
TBS 38	(11:00) Movie: Zoolander (2001)		Movie: Vegas Vacation ★½ (1997, Comedy) *Chevy Chase.* (CC)				Movie: Joe Dirt ★ (2001) A mullet-headed janitor relates his personal tale of woe.				Movie: Tommy Boy ★★ (1995) (CC)	
WGN 39	Movie: In the Heat of the Night: Who Was Geli Bendl? (1994) *Carroll O'Connor.*				Movie: In the Heat of the Night: By Duty Bound ★★ (1995) *Carroll O'Connor.* (CC)				Coach (CC)	Coach Kelly Girl	ALF (CC)	ALF (CC)
TNT 40	Movie: Underworld ★★½ (2003) A vampire protects a medical student from werewolves. *Kate Beckinsale.*					Movie: Blade II (2002) A vampire hunter unites with his prey against a new threat.				Movie: Blade: Trinity ★★ (2004, Horror) *Wesley Snipes.*		
DSC 42	Dirty Jobs Ice Salvage Crew (CC)		Survivorman (CC)		Planet Earth Seasonal effects.		Planet Earth Forests (CC)		Planet Earth Shallow Seas (CC)		Planet Earth Caves Cave habitats. (CC)	
A&E 47	(11:00) Movie: Road House ★★ (1989) *Patrick Swayze.*			The First 48 A Serial Killer Calls A serial killer calls 911.			CSI: Miami Kill Zone (CC)		CSI: Miami A Horrible Mind (CC)		CSI: Miami Camp Fear (CC)	
HIST 48	Last Days on Earth Scientists explain seven of the deadliest threats to humanity.				Seven Signs of the Apocalypse Prophecy of Armageddon. (CC)				Nostradamus: 2012 Predictions of cataclysm. (CC)			
NICK 55	Jimmy Neutron: Boy Genius		Barnyard	Barnyard	Zoey 101 (CC)		SpongeBob	SpongeBob	SpongeBob	SpongeBob	Drake & Josh	Drake & Josh
DISN 56	(11:00) Movie: Beethoven Big		Zack & Cody	Zack & Cody	Cory in House	Cory in House	Phineas and Ferb	Phineas and Ferb	Zack & Cody	Zack & Cody	Wizards-Place	Wizards-Place
FAM 58	(10:30) Movie: Karate Kid II		Movie: The Karate Kid Part III ★★ (1989, Action) Mr. Miyagi and student vs. toxic-waste dumper's thugs.					Movie: The Next Karate Kid ★★ (1994, Action) Mr. Miyagi takes a troubled teenage girl under his wing.				
HALL 60	7th Heaven (CC)		7th Heaven Last Call for Aunt Julie		Movie: Thicker Than Water (2005, Drama) *Melissa Gilbert.* (CC)				Movie: A Stranger's Heart (2007, Drama) *Samantha Mathis, Peter Dobson.* (CC)			

SUNDAY JANUARY 11

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC 4 6	America's Funniest Home Videos (CC)		Extreme Makeover: Home Edition (CC)		Desperate Housewives (CC)		Brothers & Sisters Sibling Rivalry (CC)		News (N) (CC)	KAKE Sports	Lawyer on Line	Paid Program
KSNK/NBC 8 8	Golden Globes Red Carpet Special		The 66th Annual Golden Globe Awards Achievement in film and TV industries. (Live) (CC)						News (N)	Monk Mr. Monk & the Blackout (CC)		The Insider
KBSL/CBS 12 11	NFL Football: AFC Divisional Playoff		Million Dollar Password (N) (CC)		Cold Case Breaking News (N) (CC)		The Unit The Spear of Destiny (N) (CC)		News (N) (CC)	News (N)	Catch it Kansas	Whacked Out
K15CG 2	Germans in America (CC) (DVS)		Nature The Dragon Chronicles (N)		Masterpiece Classic A dark secret disrupts Tess and Angel's wedding night.				Rare Visions	Mystery! Foyle's War III: They Fought in the Fields (Part 3 of 4)		
ESPN 28	SportsCenter (Live) (CC)			NFL	SportsCenter Special (Live) (CC)				SportsCenter (Live) (CC)			NFL
USA 37	House The Socratic Method (CC)		House Fidelity (CC)		House Poison (CC)		House DNR (CC)		Psych Six Feet Under the Sea (CC)		Movie: The Queen ★★★½ (2006) (CC)	
TBS 38	(5:00) Movie: Tommy Boy (1995)		Movie: The School of Rock (2003) An unemployed guitarist poses as a teacher.				Movie: The School of Rock ★★★ (2003, Comedy) An unemployed guitarist poses as a teacher. *Jack Black.*					Movie: Joe Dirt
WGN 39	WKRP in Cin.	WKRP in Cin.	Newhart (CC)	Newhart (CC)	Honeymooners	Honeymooners	WGN News	Instant Replay	Bewitched	Bewitched	Dream-Jeannie	Dream-Jeannie
TNT 40	(4:30) Movie: Blade: Trinity ★★		Movie: The Fast and the Furious: Tokyo Drift ★★½ (2006, Action) *Lucas Black.*				Movie: The Fast and the Furious: Tokyo Drift ★★½ (2006, Action) *Lucas Black.*				Movie: Biker Boyz ★½ (2003) (CC)	
DSC 42	Planet Earth Ice Worlds (CC)		Planet Earth Great Plains (CC)		Planet Earth Deep Ocean Oceans. (CC)		Planet Earth Mountains (CC)		Planet Earth Ice Worlds (CC)		Planet Earth Great Plains (CC)	
A&E 47	CSI: Miami Burned (CC)		CSI: Miami The lab loses body. (CC)		CSI: Miami Sunblock (CC)		CSI: Miami Chain Reaction (CC)		CSI: Miami Permanent Vacation		CSI: Miami The lab loses body. (CC)	
HIST 48	Siberian Apocalypse (CC)		Decoding the Past (CC)		Next Nostradamus A professor uses computer technology to predict events.				Tsunami 2004: Waves of Death		Decoding the Past (CC)	
NICK 55	iCarly (CC)	True Jackson	H2O (CC)	Zoey 101 (CC)	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN 56	Zack & Cody	Hannah Montana	Hannah Montana	Wizards-Place	Movie: Life-Size ★★ (2000, Fantasy) *Jere Burns.* (CC)			Phineas and Ferb	Zack & Cody	Hannah Montana	That's-Raven	Cory in House
FAM 58	Movie: Grease ★★★ (1978) Disparate summer lovers meet again as high-school seniors. *John Travolta.*					Movie: Grease ★★★ (1978) Disparate summer lovers meet again as high-school seniors. *John Travolta.*					Joel Osteen	Feed the Children
HALL 60	Movie: Follow the Stars Home ★★½ (2001, Drama) *Kimberly Williams.* (CC)				Movie: A Kiss at Midnight (2008, Romance) *Faith Ford.* (CC)				Movie: A Stranger's Heart (2007, Drama) *Samantha Mathis, Peter Dobson.* (CC)			

MONDAY JANUARY 12

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC 4 6	News (N) (CC)	Entertainment	The Bachelor One woman makes a premature exit. (CC)			Samantha Who	True Beauty (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (CC)	
KSNK/NBC 8 8	News (N)	Wheel of Fortune	Superstars of Dance The dance competition continues. (N) (CC)				Momma's Boys (N) (CC)		News (N)	The Tonight Show With Jay Leno (CC)		Late Night
KBSL/CBS 12 11	News (N) (CC)	Inside Edition	Big Bang Th	How I Met	Two/Half Men	Worst Week (N)	CSI: Miami Head Case (N) (CC)		News (N) (CC)	Late Show With David Letterman		Late Late
K15CG 2	The NewsHour With Jim Lehrer (N)		State of the State		The Story of India (N) (CC)		The Story of India India's golden age.		World News	This Is America	Charlie Rose (N) (CC)	
ESPN 28	College Basketball: Notre Dame at Louisville. (Live) (CC)				College Basketball: Texas at Oklahoma. (Live) (CC)				SportsCenter (Live) (CC)		NFL Live (N) (CC)	Fastbreak
USA 37	NCIS Ravenous (CC)		House Who's Your Daddy? (CC)		WWE Monday Night Raw (Live) (CC)				Psych Six Feet Under the Sea (CC)		Burn Notice Dead Drop (CC)	
TBS 38	Seinfeld (CC)	Seinfeld (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Name Is Earl	Name Is Earl	Seinfeld (CC)	Sex and the City	Sex and the City	Movie:
WGN 39	7th Heaven (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	The Bob & Tom Show (CC)	
TNT 40	Law & Order Deadlock		Law & Order Good Faith (CC) (DVS)		Law & Order Political Animal		Law & Order In Vino Veritas (CC) (DVS)		The Closer Dial M for Provenza (CC)		Without a Trace Two Families (CC)	
DSC 42	How It's Made	How It's Made	Destroyed	Destroyed	Man vs. Wild South Dakota (CC)		Man vs. Wild The jungles of Belize. (N)		How It's Made	How It's Made	Destroyed	Destroyed
A&E 47	CSI: Miami One Night Stand (CC)		Intervention Phillip (CC)		Intervention Tressa; Josh (N) (CC)		Intervention 49-year-old alcoholic.		Paranormal State I Am Six (CC)		Intervention Phillip (CC)	
HIST 48	Modern Marvels Environmental Tech		Modern Marvels Butchers. (CC)		Cities of the Underworld (CC)		Ancient Discoveries (CC)		Ancient Discoveries (CC)		Modern Marvels Butchers. (CC)	
NICK 55	Zoey 101 (CC)	Drake & Josh	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN 56	Zack & Cody	Hannah Montana	Movie: Read It and Weep (2006) *Kay Panabaker.* (CC)			Wizards-Place	Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That's-Raven	Cory in House
FAM 58	Kyle XY I've Had the Time of My Life (CC)		Secret Life of American Teen		Kyle XY (Season Premiere) (N) (CC)		Secret Life of American Teen		The 700 Club (CC)		Secret Life of American Teen	
HALL 60	Walker, Texas Ranger (CC)		Walker, Texas Ranger Survival		Movie: Candles on Bay Street ★★½ (2006, Drama) *Alicia Silverstone.* (CC)				Murder, She Wrote The Murder Channel		Murder, She Wrote Fatal Paradise (CC)	