Healthy old age depends on lifestyle

DEARABBY: I am in my mid-50s and look forward to traveling with my husband when he takes early retirement next year. My mother died at 82 with Alzheimer's disease, L.Aand lately, if I misplace my sunglasses or forget somebody's name, I become terrified that I'm coming down with it, too.

I have heard there are certain brain exercises people can follow to keep from losing our memories as we get older. My husband says I'm silly to worry about this now, but if there's anything I can do to protect myself from future problems, I want to get started. Any suggestions? — WORRIED SILLY IN



DEAR WORRIED: Although a family history of Alzheimer's does increase your risk, my experts tell me that recent scientific data estimate that only one-third of what determines memory ability and long-term brain health is genetically programmed. The other two-thirds are actually dictated by things that are under our own control, such as lifestyle and personal health choices. Thus, as we age, we have far more influence over our own

brain fitness and memory abilities than we them out. It may give you some much needed ever imagined.

It is not "silly" to be concerned about getting a head start on preventing age-related memory loss. I spoke with Dr. Gary Small, director of the UCLA Center on Aging, who says it is never too early to begin protecting our brains. In his book, "The Memory Bible," Dr. Small explains that our brains actually begin to show signs of aging when we are in our early 20s. He outlines ways to protect our brain function with healthy diet, mental aerobics, memory techniques and stress reduction.

Organizations like the UCLA Center on Aging (www.aging.ucla.edu) and AARP (www.aarp.org) also provide information and programs about healthy lifestyles and ways to stave off many age-related diseases. Check

peace of mind.

DEAR ABBY: For the past six years, I've had a problem with my younger sister, "Robin." She "borrows" my clothes and other things from my room without asking, and then isn't smart enough to put them back. Every time I walk by Robin's room, I find another article of my clothing, shoes or jewelry on the floor. When I confront my sister in front of our parents, Mom rolls her eyes and says she's tired of my complaints. Then Dad will ask Robin point-blank if she "really did it," and she'll say, "Yes, but I was about to return it." That's it, end of story. It's happened too many times to count.

Last summer, I put a keyed lock on my door, which helped with the problem until the lock was mysteriously filled with "goop." It never worked after that. Just yesterday, I found an

expensive dry-clean-only sweater of mine on Robin's floor. She had tossed it in the washer and dryer, and it was ruined. When I told Mom, she went out and bought me a new one, but just tonight I found one of my shirts on Robin's floor — also ruined.

I'll be moving out in July to go to college, but until then. I need some advice. Please help me, Abby — nobody else will. — COUNT-ING THE MONTHS IN MASON CITY, IOWA

DEAR COUNTING THE MONTHS: Your parents have been negligent in their responsibility to your little sister. They have failed to teach her responsibility, honesty, and respect for the possessions and boundaries of others. This will come back to haunt themand your sister — in the future. Please show them this column and hang on until July. Your trials are almost over.

SATURDAY EVENING FEB. 8, 2003		SUNDAY EVENING		FEB. 9, 2003
6 pm 6:30 7 pm 7:30 8 pm 8:30 9 pm 9:30	10 pm 10:30	6 pm 6:30	7 pm 7:30 8 pm 8:30	9 pm 9:30 10 pm 10:30
2 PBS Keeping Up New Red Green C Lawrence Welk Show "Favorite Love Songs" Awake and Sing A border lives with a Jewish family in the Bronx.	Austin City Limits ∩	2 PBS Reptiles (N) ∩ (Part 2 of 4) ⓒ (DVS)	Masterpiece Theatre "Foyle's War" "The Concerto White Feather" (N) @ (DVS) "Emotions"	Now With Bill Moyers (N) Mystery! "Touching Evil" ∩ IC IC IC IVS)
3 IND (5:00) * * * "The Patriot" (2000, Drama) (PA) Mel Gibson, Heath Ledger, Joely Richardson. (In the second sec	ter. A conniv- "Devil's Adv."			Mummy" (1999) (PA) Brendan Fraser. Foolhardy ex- ne wrapped up with an evil mummy. 📧 (DVS)
4 ABC ★★★% "The Shawshank Redemption" (1994, Drama) Tim Robbins, Bob Gun- ton. A mild-mannered banker is sent to prison for murder. ∩ ₪ (DVS) News ₪ Chris Matthews	Powerball- Millionaire	ABC (5:00) ★ "Inspector Gad-		
5 HBO (4:30) "The Daredevil: Reverb ∩ ₪ Boxing Raul Marquez vs. Shane Mosley. (Live) ∩ ₪	"Collateral Damage"	5 HBO "Someone Rolling Stone	es Live From Madison Square Garden The band per- ew York City. ດ ເເ	U U U U U U U U U U
7 CBS Touched by an Angel (N) District "Blindsided" (N) Agency "Coventry" (N) ∩ News ∩ Œ (:35) Drew	(:05) Drew (:35) Drew Carey C Carey C	7 CBS Becker (N) Everybody-	,	News ∩ ₪ (:35) News (:05) Outer Limits "Straight & Narrow" ∩
Law & Order "The Wheel" Law & Order: Special Meet My Folks "The News Saturday Ni	ght Live Matthew Mc- Dixie Chicks. (N) \cap \square	American Dreams		News Inside Edi- tion & Roeper Renker
11 TVLND Brady HappyDay Sanford I Love Lucy Griffith Leave Van Dyke M.T. Moore	Kotter Soap 📧	11 TVLND Brady HappyDay	Sanford Griffith Legends Inside TV Lar	nd Munsters MacGyver 📧
12 ESPN College Basketball College Basketball Louisville at Houston. (Live) Sportscenter	College GameNight (N)			Sportscenter NFL Films
13 FOX NASCAR Racing Winston Cup Series Budweiser Equal Justice Mad TV (N) ∩ E 13 FOX Shootout. (Live) ∩ E Image: Comparison of the series of	Sexwars Sexwars			Narrow" \cap 🖾
15 MAX "Dude-My Car" ★★ * "Pumping Iron" (1977) Arnold Schwarzenegger. The world's top bodybuilders get psyched for competition. 'PG' @ ★★ "The Substitute" (19 Emie Hudson, Diane Veno	ra. ∩ 'R' 🚾	(2000) Benicio Del Toro.	(:15) ★★★ "The Fifth Element" (1997) Bruce Willis. A a woman who may save Earth from disaster. 'PG-13' @	(2002) Steve Oedekerk. 'PG-13' III
16 TNN ★★ "Messenger of Death" (1988, Drama) ∩ Blind Date Blind Date Real TV ∩ Real TV ∩				Blind Date's Oblivious Taboo (N)
17 DISN Boy Meets World @ Sister, Sis- ter @ Proud Fami- ly @ Kim Possi- ble @ That's So Raven @ Lizzie McGuire ★★½ "The Color of Frier (2000, Drama) Carl Lumbly	dship" (:35) Lizzie McGuire	17 DISN World C ter C	Proud Fami-Kim Possi-That's So ly 🖾 ble 🖾 Raven 🖾 McGuire	★★½ " Tru Confessions " (2002, Drama) Clara Bryant, Shia LaBeouf, Mare Winningham. ₪
18 LIFE (3:00) "Only Love" C "Suddenly Naked" (2001) Wendy Crewson. Final Justice C	"Devil's Food" (1996)			Any Day Now ₪ ★★ "Broken Vows"
20 USA (5:00) "Caddyshack" ★★ "Happy Gilmore" (1996) Adam Sandler. USA (5:00) + + × "Toolordor" (#Pod Sandkara" (0004) Demonstration Magic	*** "GoldenEye"	20 USA (5:00) "Carrie" (2002) Ange		Law & Order Dead Zone "Precipitate"
21 SHOW (5:30) *** Zoolander" "Red Sneakers" (2001) Dempsey Pappion. Magic (2001) Ben Stiller. shoes turn a teenager into a basketball sensation. ror) Gina Phillips. 'R'	Silent Bob"	21 SHOW (2001) Keanu Reeves.	Carl Lumbly. iTV. 🎧 📧 👘 Mike Tyson	★½ " Original Sin " (2001, Drama) Antonio Banderas, Angelina Jolie. iTV. Λ'R' ₪
22 TMC (4:35) ★★★ "Backdraft" ★★ "North" (1994, Comedy-Drama) (1991) ∩ IE ★★ "High School High" (1996) Jon Elijah Wood, Bruce Willis. ∩	★★½ "Heartbreakers" (2001) Premiere. ∩	22 TMC sance Man" (1994) ∩	Cusack, Bridget Fonda. 🖻	(:15) ★★★ "The Virgin Suicides" (1999) James Woods, Kathleen Turner, Kirsten Dunst. ∩ ₪
23 MTV Osbournes Osbournes Osbournes Osbournes Osbournes Clone High Real World Real World	Real World Real World	True Destates The Out		NBA All-Star Countdown Rucker League
24 DISC Our Earliest Ancestors Search for Khan's Tomb Monster Garage "Fire Obesity: A Deadly Risk	Medical Mysteries: Gi- ants 📧	24 DISC ting Edge!	tants catapult pumpkins. tition	Before We Ruled the Earth: Hunt Earth: Beasts
28 TNT NBA All-Star Saturday Night (Live) III 29 EVEN On the start of the st				Adult Swim All-Star Extravaganza Kindrgartn
30 FXSP College Basketball College Hockey Minnesota at Colorado College. (Live) Rocky Mt. 32 FAM "Object-Affect." Life-Bonnie Less Than ★ ★ "The Object of My Affection" (1998) ∩	Rocky Mt. Last Word Life-Sitcom Last Resort	30 FXSP College Basketball 32 FAM "The One" (2003) Richard	NHL Hockey Calgary Flames at Colorado Avalanche. (L Ruccolo. Premiere.	
33 NBC Entertainment Tonight Plastic surgery. (N) @ Law & Order "The Wheel" Law & Order: Special Victims Unit "Silence" Meet My Folks "The Barnes" (N) ∩ @	News C Saturday Night Live	Dateline A III	American Dreams Law & Order: Criminal	Kingpin "Black Magic News III John Elway Woman" (N) III IIII IIIIIIIIII IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII
34 NICK All That \cap Nick Amanda \cap Skeeter Cheers \cap Cheers \cap Cheers \cap Cheers \cap	Cheers ∩ Cheers ∩	34 NICK Garcia Clueless	Cosby Cosby Cosby Cosby	Cosby Cosby Cosby
36 A&E Cold Case Files @ Crossing Jordan "Believ- ers" ∩ @ Third Watch "Sex, Lies & Videotape" ∩ @ Hollywood Reality "Child Stars" @	Cold Case Files 📧	36 A&E Biography "Barbara Walters	s: A Driving Force" The Point "Suicide Bombers"	Detective Beat "Murder or Biography: Barbara Wal- Not?" (N) @ ters
38 SCIFI (3:00) ★ ★ "It" ∩ "Antibody" (2002) Lance Henriksen. Premiere. ∩ ★ ★ "Meteor" (1979) Sea			★★★☆ "Indiana Jones and the Last Crusade" (1989	
39 TLC (5:00) World Birth Day (C) While You Were Out Cre- ating a living room. "Texas: Rambler Road" Trading Spaces Beds; storage area. (C)	Trading Spaces "Califor- nia: Dusty Trail" (N)		ban legends. 📧 ban Legends Revealed	Monster Machines "Land- Living ∩ ™
40 FX ** "Volcano" (1997) Tommy Lee Jones. Deadliest Volcanoes Deadliest Swarms	M*A*S*H M*A*S*H	40 FX ** "Volcano" (1997) Tom		n" (1996, Suspense) Kurt Russell, Halle Berry.
	ouse on 92nd Street" Howard S. Howard S.	45 FMC (:01) ★ ★ ★ "Bill Cosby 49 E!TV True H'wood	Himself" (1982) (:01) ★★½ "Jumpin' Jack Steven Seagal: THS Star Dates Star Dates	
49 EITV [Corey Haim: THS] Anna Star Dates Saturday Night Live ∩ Wild On 51 TRAV Natural Wonders of the World Secrets of New Zealand Natural Wonders of the V				Sturgis: The Great Ride NASCAR Road
53 WB "Cennis- Again" * * * * "Star Wars" (1977) Mark Hamill, Carrie Fisher. The "spe- cial edition" of George Lucas' space opera. Λ [E] News Λ [E]	Cosby "Marked for Show E Death"			News ∩ ₪ Friends ∩ Everybody- ₪ Raymond
54 ESPN2 College Basketball Texas at Texas A&M. (Live) NHRA Drag Racing Winternationals Qualifying.	NBA 2Night NBA	54 ESPN2 NHRA Drag Racing	NHL Hockey Calgary Flames at Colorado Avalanche. (L	
58 HIST Modern Marvels Fortifica- tions defend territory. Rollins Jr., Adolph Caesar. Premiere. XY Factor "Sleeping With the Enemy" @	Modern Marvels Fortifica- tions defend territory.	58 HIST Greatest Raids "Hitler's A- Bomb" (N) CC	Heavy Metal "Huey Heli- copter: Air Armada" Mail Call (N) Conquest	Color of War The last year Greatest Raids "Hitler's A- of World War II. Bomb" @
59 HLTH Paid Prog. Paid Prog. Workout Bodies Health Specials ∩ Doctors Diaries ∩	Workout Bodies			Doctors Diaries
60 UNIV Sábado Gigante Cocineras sexys; niños talentosos. P. Impacto Noticiero	Otro Rollo	60 UNIV Quince-Nuestro	"Cilantro y Perejil" (1995) Demian Bichir.	P. Impacto Noticiero Tras la Verdad
	Decorating Designing			BeforAftr Building Extreme Homes-Islands
GOODLAND Tom Harrison, Branch Broker/Auctioneer 785-465-9015 – after hours 114 West 12th • Goodland, KS 785-899-3060 I10 Caldwell 517 W. 10th		99 WGN Andromeda (N) ∩ Œ		Ver Steaks
Fax: 785-899-3100 609 Washington 417 Broadway 2 Rose Anderson Assoc. Broker 1212 Walnut 222 N. Grand	217 Caldwell	`\ @] · /\$ # · #	🚛 📑 🚛 IIaliu Uut, IV	evel ΓΙΟΖΕΙΙ ¹⁰ / ₉₇₀₋₃₅₄₋₇₄₄₄

Fax: 785-899-3100 Rose Anderson Assoc. Broker 785-899-7464 Ken Christianson Assoc. Broker 785-694-2644

417 Broadway 323 N. Grand 910 Clark 814 Washington

1301 Texas

626 W. 9th

709 College

1117 Kansas

1115 E. 11th

1209 Center

322 E. 10th

1029 E. 10th

620 Main

525 Main

9 pm

News

Being Served

(:45) ★★★ "Trading Places" (1983) Eddie Murphy. Two men's lives are altered by a bet made between tycoons. ເ€

8:30

217 Caldwell 539 W. 17th **Commercial** in Goodland 1006 Main 1015 Main 1840 W. Hwy 24 Sharon Springs 512 N. Carrie Ave. 314 N. Ericson Farm in Wallace HC2 Box 13

FEB. 10, 2003

Charlie Rose (N) \cap 🗉

9:30 | 10 pm | 10:30

(:35) Night- (:06) Jimmy Kimmel Live





7 pm

IND ★★ "The Other Sister" (1999) Juliette Lewis, Diane Keaton. Two mentally challenged individuals meet and fall in love. ₪

American Experience "Partners of the Heart"

7:30

217 E. 12th 1730 Rd. 78 715 E. 4th 1401 Harrison 210 Cherry 1104 Center 1108 Center 623 W. Hwy 24 2323 Walnut 527 Hwy 24 718 W. 13th

8 pm

Sidney Poitier: One Bright Light

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Saturday and Sunday Movies and Sports

SATURDAY **FEBRUARY 8, 2003**

MORNING

10:00 4 ABC 34 NICK NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders. (Live) 12 ESPN College Basketball Temple at Massachusetts. (Live) 28 TNT NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders; musical performances by Justin Timberlake, Christina Aguilera, B2K and LL Cool J. (Live) [6] 11:00 7 CBS College Basketball Al-

(1984) Tom Hanks. CC

28 TNT Movie ★★★ "Passing Glory" (1999) (PA) Andre Braugher.

11:15 22 TMC Movie ★★★ "Take the Money and Run" (1969) Woody Allen.

11:45 3 IND Movie ★★★ "Forever Young" (1992) Mel Gibson.

AFTERNOON

12:00 12 ESPN College Basketball Wisconsin at Northwestern. (Live) 30 FXSP Women's College Basketball Colorado at Texas A&M. (Subject to Blackout) (Live) 12:30 15 MAX Movie ★★★ "What's Love Got to Do With It" (1993) An-

gela Bassett. 'R' 0 12:45 22 TMC Movie ★★★ "Hus-

bands and Wives" (1992) Woody Allen. 1:00 4 ABC NHL Hockey Regional Coverage -- Detroit at Colorado,

N.Y. Rangers at Philadelphia or Pittsburgh at Boston. (Live)

7 CBS PGA Golf Pebble Beach National Pro-Am -- Third Round. (Live) CC

17 DISN NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders; musical performances by Justin Timberlake, Christina Águilera, B2K and LL Cool J. (Live)

40 FX Movie ★★★ "The Last Supper" (1995) Cameron Diaz.

2:00 12 ESPN College Basketball Connecticut at Providence. (Live)

21 SHOW Movie ★★★ "Blue Sky" (1994) Jessica Lange. iTV. 'PG-13'

28 TNT NBA Rookie Challenge From Atlanta. (Live) CC 30 FXSP Women's College Basketball Kansas State at Baylor.

(Live) 2:01 45 FMC Movie ★★★ "How to Marry a Millionaire" (1953) Betty

Grable 2:30 15 MAX Movie ★★★½ "A.I.: Artificial Intelligence" (2001) Haley Joel Osment. 'PG-13' CC

3:00 38 SCIFI Movie ★★★ "It" (1990) John Ritter. CC

Practice. From the Daytona International Speedway in Daytona Beach, Fla. (Live)

54 ESPN2 College Basketball Winthrop at Coastal Carolina. (Live)

4:01 45 FMC Movie ★★★ "House of Strangers" (1949) Edward G. Robinson.

4:35 22 TMC Movie ★★★ "Backdraft" (1991) Kurt Russell. **5:00 3 IND Movie** ★★★ "The Pa-

triot" (2000) (PA) Mel Gibson. 12 ESPN College Basketball Michigan State at Indiana. (Live) 28 TNT NBA All-Star Preview Preview of the NBA All-Star Game weekend activities, including 2ball and contests for three-point shooting and dunking. (Live) 30 FXSP College Basketball Arizona State at Washington. (Subject

to Blackout) (Live) SUNDAY **FEBRUARY 9, 2003**

MORNING

10:30 12 ESPN PBA Bowling Days Inn Open. From Dallas. (Live)

11:00 7 CBS College Basketball Ohio State at Illinois. (Live) 📧 13 FOX NASCAR Racing Winston Cup Series -- Daytona 500 Pole Qualifying. (Live)

38 SCIFI Movie ★★★ "Gremlins 2: The New Batch" (1990) Zach Galligan. 0

60 UNIV Fútbol de la Liga Mexicana Guadalajara vs. UADG. (En Vivo)

11:30 4 ABC College Basketball Texas Tech at Missouri. (Live) 11:35 22 TMC Movie ★★★ "The

Virgin Suicides" (1999) James Woods. CC

AFTERNOON

- 12:00 20 USA Movie ★★★ "GoldenEye" (1995) Pierce Brosnan. CC 53 WB Movié ★ ★ ★ "Cinderella" (1997) Whitney Houston.
- 12:30 5 HBO Movie ★★★ "The Middle Passage" (2000) Narrated

by Maka Kotto. III 1:00 7 CBS PGA Golf Pebble Beach National Pro-Am -- Final Round. From Pebble Beach, Calif. (Live)

8 NBC Arena Football Chicago Rush at Dallas Desperados. From American Airlines Center in Dallas. (Live) 🖸

33 NBC Arena Football Las Vegas Gladiators at Arizona Rattlers. (Live) 🖸

99 WGN Movie ★★★½ "Terminator 2: Judgment Day" (1991) Arnold Schwarzenegger. [CC]

1:05 21 SHOW Movie ★★★ "Another Stakeout" (1993) Richard Dreyfuss. iTV. 'PG-13' CC

1:15 22 TMC Movie ★★★½ "You Can Count on Me" (2000) Laura Linney. 🖸

1:30 3 IND Movie ★★★ "Maverick" (1994) (PA) Mel Gibson. 🗰 4 ABC College Basketball Oklahoma State at Cincinnati. (Live) 30 FXSP College Basketball

Stanford at Oregon State. (Subject to Blackout) (Live)

2:00 12 ESPN College Basketball North Carolina State at Virginia. (Subject to Blackout) (Live) 54 ESPN2 Women's College Basketball Iowa State at Texas Tech. (Live)

2:15 5 HBO Movie ★★★ "The Majestic" (2001) Jim Carrey. [CC]

4:00 30 FXSP College Basketball Tipoff Show (Live)

4:30 30 FXSP College Basketball Clemson at Duke. (Live)

5:00 38 SCIFI Movie * * * "Casper" (1995) Christina Ricci. Premiere. CC

5:30 15 MAX Movie ★★★ "Snatch" (2000) Benicio Del Toro. 'R' 🖸

ABC Veritas: The Quest Practice "Character Evi-dence" (N) ∩ ₪ ∩ ₪ News ₪ 'Skulls" (N) ∩ 🖸 HBO (5:00) ★ ★ ½ "Shallow Hal" (2002) 'PG-13' ₪ Janet Jackson: In Concert From Hawaii The singer performs hits in Honolulu. $\cap \blacksquare$ "Black Unchained Memories: Readings From the Slave Narratives (N) CC Rain" 'R Everybody- Still Stand- CSI: Miami "Dead Woman News \cap @ Raymond ing (N) @ Walking" (N) \cap CBS King of Queens (N) (N) (N) (N) (:35) Late Show Jennifer Garner. (N) \cap 📧 (:37) Late Raymond ing (N) CC Late Show Third Watch "Collateral Fear Factor "Couples Show" (N) ∩ ₪ Crossing Jordan "Wild (:35) Tonight Show (N) (:37) Late News NBC Card" (N) ∩ 📧 Damage" (N) CC Night 📧 11 TVLND Brady Sanford Gilligan HappyDay Leave MacGyver 📧 Griffith I Love Lucy Munsters 12 ESPN College Basketball College Basketball Oklahoma at Texas. (Live) Sportscenter College Basketball 13 FOX Boston Public "Chapter Fifty-Seven" (N) ∩ Fox Report With Shepard LAPD: Life |LAPD: Life |Paid Pro-Joe Millionaire Evan Paid Promakes a final decision. Smith 🕅 on the Beat on the Beat gram gram 15 MAX (4:45) ★★½ "A Knight's Tale" (2001) ∩ ★★½ "Home Alone 2: Lost in New York" (1992, ** 1/2 "The Time Machine" (2002) Guy Time Ma-Comedy) Macaulay Culkin. ∩ 'PG' 📧 Pearce. \cap 'PG-13' 📧 chine TNN Real TV () Real TV () Real TV () Blind Date Taboo (N) WWE Raw \cap 📧 Blind Date Star Trek: Next Gener. ★★★ "The Aristocats" (1970) Voices of Phil Harris. ∩ 'G' Sister, Sis-ter III Stevens III ter III McGuire DISN Boy Meets Smart Guy Kim Possible 🛯 LIFE Unsolved Mysteries ∩ ★★ "The Wedding Dress" (2001) Tyne Daly. Nanny 📧 Wed-Journey Nanny 📧 20 USA Westminster Kennel Club Dog Show "Opening Night" (Live) JAG "Pilot Error" 📧 Robbery Div. 21 SHOW (5:05) ★★★ "Great Balls ★★½ "Charms for the Easy Life" (2002, Drama) of Fire!" (1989) Gena Rowlands. iTV. ∩ (ﷺ) ★★½ "Father of the Bride Part II" (1995) Steve Martin. 'PG' ₪ "What Women" (:15) ★★★ "Husbands and Wives" (1992, Comedy-Drama) Woody Allen, Mia Farrow. (:15) ★★½ "Earth Girls Are Easy" (1989, Comedy) Geena Davis, Jeff Goldblum, Julie Brown. ∩ ★★ "Hackers" (1995) Jonny Lee Miller. ∩ TMC MTV Wannabes I Bet Rucker League NBA All-Star Countdown Prime Time Players A Real World 24 DISC Perfect Mothers, Perfect Primates Predators Monster Garage NYPD: Life on the Street By Any Means Necessary? 🔟 TNT Law & Order (N) \cap CC Law & Order
 🕅 🕅 Law & Order \cap 📧 Law & Order 🎧 📧 X-Files "Sleepless" (N)
 30
 FXSP
 NASCAR
 Rocky Mt.

 32
 FAM
 Life-Sitcom
 Last Resort
 FOX One 54321 Best Damn Sports Show Period (Live) Rocky Mt. 54321 FAM Life-Sitcom Last Resort Celebrity Mole Hawaii Whose? Whose? 700 Club 📧 Caroline Rhea Show (N) NBC News 📧 Crossing Jordan "Wild Ent. Tonight Fear Factor "Couples Third Watch "Collateral News 💷 (:35) To-Card" (N) ∩ 💷 night Show Damage" (N) 📧 34 NICK Sponge Cheers Ginger Cheers \cap Cheers \cap Cheers Cheers Cheers Cosby Cosby A&E Biography: Jean Harlow: Bombshell

 Midsomer Murders "A Tainted Fruit" A woman is killed after receiving threatening letters. (N) Image: Section 2010 Control of the section of 38 SCIFI Stargate SG-1 A 📧 Stargate SG-1 n 🗰 Twilight Z. Twilight Z. Stargate SG-1 \cap 📧 Crossing Dream TLC While You Were Out Hometime: Hometime: Four Four Medical De-tectives Medical De-tectives Trauma: Life in the ER Maternity Ward "The Risk "Point Blank Range Factor" 🗰 FX Married... Married... **Buffy Vampire** Buffy Vampire ★★½ "Sudden Impact" (1983) Clint Eastwood.

 45
 FMC
 Making the Connection
 (:01) ★ ★ "The Towering Inferno" (1974) Steve McQueen, Paul Newman.

 49
 EITV
 Richard Pryor: True Hollywood Story ∩ IE
 Saturday Night Live ∩
 Howard S.

 51
 TRAV
 Ancient Greece
 New Zealand
 Tokyo Revealed
 Ancient Greece

 "Bonnie and Clyde" Saturday Night Live A Howard S. Howard S. Wild On... "H2O" New Zealand
 WB
 Friends ∩
 Everybody-Raymond
 7th Heave

 (N) ∩ €
 (N) ∩ €
 7th Heaven "I Love Lucy" Everwood "My Funny News ∩ 📧 Will & Everybody-Valentine" (N) ∩ 📧 Grace 📧 Raymond 54 ESPN2 NHL Hockey San Jose Sharks at Detroit Red Wings. (Live) NHL 2Night Season (N) (Part 1 of 2) NBA 2Night NFL Films HIST Mail Call Conquest Motorcycles How motorcycles have excited riders. I History vs. Hollywood Mail Call I Conquest 'The Great Escape' 59 HLTH Doctors Diaries ∩ 60 UNIV Las Vías del Amor Health Specials A Workout Bodies Doctors Diaries ∩ Workout Bodies Entre el Amor y el Odio Cristina P. Impacto Noticiero En las Mejores Familias

Love

Homes

Justice

Sensible Curb

Rockford Files

Designers'

Heat

Designers' Design

News n 🗈

MONDAY EVENING 6 pm 6:30

PBS Antiques Roadshow "Seattle, Washington"

16

17

18

22

23

28

33

36

39

40

53

58

62 HGTV Homes Sensible Curb

99 WGN ★★½ "The Price of the Bride" (1989) ∩