

Tuesday Evening												January 19, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30					
ABC	Scrubs	Better	Scrubs	Better	the forgotten		Local	Nightline	Jimmy Kimmel Live						
CBS	NCIS		NCIS: Los Angeles		The Good Wife		Local	Late Show Letterman	Late Late						
NBC	The Biggest Loser				The Jay Leno Show		Local	Tonight Show	Late						
FOX	American Idol		Human Target		Local										
Cable Channels															
A & E	Psychic Kids		Paranorma	Paranormal Cops	Paranorma	Criminal Minds				Local					
AMC	The Matrix				Terminator 2					Local					
ANIM	Wild Recon		Maneaters		Wild Recon		Weird	Weird	Maneaters	Local					
BET	Diary-Black		Monica	Monica	The Mo'Nique Show		Wendy Williams Show	Gang-Rose	Local						
BRAVO	Matchmaker		Mill. Matchmaker		Mill. Matchmaker		Mill. Matchmaker		Local						
CMT	Local	Local	Smarter	Smarter	Police Academy					PoliceAc					
CNN	Larry King Live		Anderson Cooper 360				Larry King Live		Anderson	Local					
COMEDY	S. Park	S. Park	S. Park	South Pk	Daily	Colbert	S. Park	S. Park	Futurama	Local					
DISC	Local	Local	Dirty Jobs		Dirty Jobs		Dirty Jobs		Howe & Howe Tech						
DISN	Local	Local	Wizards	Montana	Catch That Kid				Phineas	Montana					
E!	Office Space				Holly	Kardas	Chelsea	E! News	Chelsea	The Soup					
ESPN	College Basketball				SportsCenter		NFL Live	Fastbreak	SportsCtr	Local					
ESPN2	Tennis									Local					
FAM	Funniest Home Videos				The 700 Club		Secret-Teen		Acne	Local					
FOOD	Local	Local	Challenge		Cakes	Cakes	Unwrapped	Best	Chopped						
FX	Fun With Dick & Jane				Just Married				Just Married						
HGTV	First	My First	House	Buck	House	House	Property	My First	House	Buck					
Get Fit for the New Year with the Hottest Fitness DVDs!												BUY NOW			
HIST	How the Earth		Life After People		Apocalypse Man		How the Earth Was Made			Local					
LIFE	Speak				Will		Frasier	Medium		Local					
MTV	Teen Mom		Teen Mom		Teen Mom		Buried	Life, Liz	Life, Liz	Local					
NICK	Local	Local		SpongeBob	Malcolm		Chris	Chris	Lopez	Lopez					
SCI	Star Trek Gen.		ECW		Mass Eff.		Battlestar Gala			Local					
SPIKE	Entourage	Entourage	BlueMount	BlueMount	Entourage		BlueMount	Blue Mountain State		Local					
TBS	Office	Office	Office		Lopez Tonight		Name Earl	Name Earl	Sex and t	Local					
TCM	Inherit the Wind		Block-Heads		Sunset Boulevard					Local					
TLC	Local	Local	Little	Little	Cake Boss	Cake Boss	20 Years, 20 Duggars	Little	Little	Local					
TNT	Bones		Southland		CSI: NY		CSI: NY	Southland		Local					
TOON	Tn-Titans	Tn-Titans	King/Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	Moral Ore	Local					
TRAV	101 Chowdown	Man, Food	Man/Food	Man/Food	101 Chowdown		101 Chowdown		Chow	Local					
TV LAND	Home Imp.	Home Imp.	Married	Married	Roseanne	Roseanne	Roseanne	Roseanne	Married	Local					
USA	The Bourne Ultimatum		White Collar		Law & Order: SVU	Psych		Collar		Local					
VH1	Tough Love		Frank Enter.		Aspen	For, Love of Ray J	For, Love of Ray J			Local					
WGN	Untamed Heart		WGN News at Nine		Scrubs	Scrubs	S. Park	S. Park	Star Trek	Local					
Premium Channels															
HBO	Local	Local	Leatherheads		Yes Man					REAL Sports Gumbel					
MAX	Local	Local	Australia		Dreamcatcher					The Rocker					
SHOW	Local	Local	Beowulf		Zoalander					Disaster Movie					
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Wednesday Evening												January 20, 2010			
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30					
ABC	Family	Middle	Family	Cougar	Ugly Betty		Local	Nightline	Jimmy Kimmel Live						
CBS	Christine	Unmarried		Criminal Minds	CSI: NY		Local	Late Show Letterman	Late Late						
NBC	Mercy		Law & Order: SVU		The Jay Leno Show		Local	Tonight Show	Late						
FOX	American Idol		Human Target		Local										
Cable Channels															
A & E	Dog	Bounty	Seagal		Seagal	Seagal	Dog	Bounty Hunter		Local					
AMC	Behind Enemy Lines		True Lies							Local					
ANIM	I Shouldn't Be Alive		I Shouldn't Be Alive		Wild Recon		I Shouldn't Be Alive	Be Alive		Local					
BET	Sugar Hill		Monica		The Mo'Nique Show		Wendy Williams Show	Sugar Hil	Local						
BRAVO	Launch My Line		Launch My Line		Launch My Line		Launch My Line	Mill. Matchmaker							
CMT	Local	Local	Extreme-Home		Smarter	Smarter	Rudy								
CNN	Larry King Live		Anderson Cooper 360				Larry King Live	Anderson	Local						
COMEDY	Futurama	Futurama	South Pk	Tosh.0	Daily	Colbert	Tosh.0	South Pk	Futurama	Local					
DISC	Local	Local	Man vs. Wild		Man vs. Wild		Man vs. Wild	Solv.History							
DISN	Local	Local	Wizards	Montana	Dadnapped			Phineas	Phineas	Montana					
E!	Child Vanishes		Little Girl Gone		Jaycee Dugard		Chelsea	E! News	Chelsea	Girls					
ESPN	NBA Basketball						SportsCenter			Local					
ESPN2	College Basketball				Tennis					Local					
FAM	Pixar Short Films		Funniest Home Videos		The 700 Club		Whose? Whose?	Paid		Local					
FOOD	Local	Local	Challenge		Challenge		B. Play	Play	Worst Cooks						
FX	Mr. & Mrs. Smith				Nip/Tuck		Nip/Tuck		Cruel Intentions						
HGTV	Property	Property	House	Income	House Hun	Holmes on	Homes	My First	House	Income					
HIST	MonsterQuest		Madhouse		Jobsite		The Presidents								
LIFE	In the Land of Women				Project Runway		Frasier	Medium		Local					
MTV	The Real World		The Real World		The Real World		Jersey Shore		Jersey	Local					
NICK	Local	Local	iCarly	SpongeBob	Malcolm	Malcolm	Chris	Chris	Lopez	Lopez					
SCI	Ghost Hunters Inter.		Ghost Hunters		Ghost Hunters Inter.		Scariest Places	Highlande		Local					
SPIKE	Die	Die	Die	MANswers	BlueMount	Die	MANswers	Die	CSI	Local					
TBS	Browns	Browns	Browns	Browns	Lopez Tonight		Name/Earl	Sex and t		Local					
TCM	The North Star		Mission to Moscow				The Kremlin Letter			Local					
TLC	Local	Local	Holloway-Lost		TV Murders		Hoarders: Buried	Toddlers & Tiaras							
TNT	Bones		Leverage		CSI: NY		CSI: NY	Leverage		Local					
TOON	Star Wars	Hero	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	Moral Ore	Local					
TRAV	Man/Food	Man, Food	Man/Food	Man/Food	101 Chowdown		Andrew Zimmern	Man/Food		Local					
TV LAND	Married	Married	High School Reunion		High School Reunion		Roseanne	Roseanne	Married	Local					
USA	NCIS		NCIS		License to Wed		Psych			Local					
VH1	Drumline	Fantasia	For, Love of Ray J		Pep	Behind the Music	NWA: Dangerous Group			Local					
WGN	Spies Like Us		WGN News/America's		Scrubs	Scrubs	S. Park	S. Park	Star Trek	Local					
Premium Channels															
HBO	Local	Local	Mr. Woodcock		The Soloist				Big Love						
MAX	Local	Local	Baby Mama		Baby Boy				I Love You, Man						
SHOW	Local	Local	ToDieFor	Deal			Inside the NFL		Maz Jobrani: Brown						
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Thursday Evening										January 21, 2010					
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30					
ABC	The Deep End				Grey's Anatomy		Private Practice		Local	Nightline	Jimmy Kimmel Live				
CBS	Big Bang	Big Bang			CSI: Crime Scene		The Mentalist		Local	Late Show Letterman	Late Late				
NBC	Community	Parks		Office	30 Rock		The Jay Leno Show		Local	Tonight Show	Late				
FOX	Bones			Fringe		Local									
Cable Channels															
A & E	The First 48		Manhunter	Manhunter	Manhunter	Manhunter	The First 48						Local		
AMC	Philadelphia				Philadelphia							Lion		Local	
ANIM	Amazon Abyss		Piranhas		Amazon Abyss									Local	
BET	New Jack City				The Mo'Nique Show			Wendy Williams Show		DontBe			Local		
BRAVO	Real Housewives		Real Housewives		Real Housewives			Happens	Real Housewives				Housewiv.		
CMT	Local	Local	Extreme Makeover		Smarter		Smarter	Smarter	Smarter	Grumpier Old Men					
CNN	Larry King Live		Anderson Cooper 360		Smarter		Smarter	Smarter	Smarter	Larry King Live			Anderson	Local	
COMEDY	Gabriel Iglesias		Martin		Silverman	Daily	Colbert	Tosh.0	John Oliver	Futurama	Local				
DISC	Local	Local	Weapons-World			Destroyed	Destroyed	Explosion Gone		Secret Service					
DISN	Local	Local	Wizards	Montana	Wendy Wu: Warrior					Phineas	Montana				
E!	Sleepless in Seattle					Holly		Chelsea	E! News	Chelsea	Kendra				
ESPN	College Basketball					SportsCenter		NFL Live	Final	SportsCtr	Local				
ESPN2	Tennis										Local				
FAM	Major Payne		Funniest Home Videos		The 700 Club			Whose? Whose?		Paid	Local				
FOOD	Local	Local	Challenge		Iron Chef America			Iron Chef America		Cakes	Cakes				
FX	Superbad				Archer	Archer	Archer	Archer		Date Movie					
HGTV	First	My First	House Hun	House Hun	House	House	House	House Hun	House	House Hun	House Hun				
HIST	Food Tech		Pawn		Food Tech			Modern Marvels							
LIFE	Project Runway		Project Runway		Models		Project Runway	Models		Runway	Local				
MTV	Jersey Shore		Jersey Shore		Jersey Shore			Jersey Shore		Jersey	Local				
NICK	Local	Local	iCarly	SpongeBob	Malcolm	Malcolm	Chris	Chris	Lopez	Lopez					
SCI	Star Trk: Cntct						Star Trek: Ark				Local				
SPIKE	TNA IMPACT!					Police Chases		MANswers	GameTrailers				Local		
TBS	Without Paddle		Fam. Guy	Fam. Guy	Lopez Tonight		Name/Earl	Name Earl	Sex and t		Local				
TCM	Point Blank		Escape From Alcatraz		Seven Miles From Alcatraz			American Chopper		BBQ Pitmasters					
TLC	Local	Local	BBQ Pitmasters		American Chopper				BBQ Pitmasters						
TNT	NBA Basketball		NBA Basketball		Fam. Guy		Fam. Guy	Chicken	Aqua Teen	Moral Ore	Local				
TOON	Flapjack		Hero	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Tribal Odyssey	Tribal	Local				
TRAV	Tribal Odyssey		Tribal Odyssey		Roseanne		Roseanne	Roseanne	Roseanne	Married	Local				
TV LAND	Home Imp.		Home Imp.	Married	Married	White Collar		Psych		Burn Not.	Local				
USA	Burn Notice		Burn Notice		Tough Love			Celebrity Rehab		Frank	Local				
VH1	Celebrity Rehab		Celebrity Rehab		Scrubs		Scrubs	WWE Superstars		Star Trek	Local				
WGN	Funniest Home Videos		WGN News at Nine												
Premium Channels															
HBO	Local	Local	I Am Legend		Watchmen										
MAX	Local	Local	The Jerk				Over Her Dead Body			Sex and the City					
SHOW	Local	Local	World		Into the Wild					Bangkok Dangerous					
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