Maybe You Need A Break From Social Media

BY OMAR L. GALLAGA

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Last week, Vicki Flaugher killed Twitter.

The former social media consultant, who used Twitter under the handle @SmartWoman since 2008, had thousands of followers. But, for a number of reasons, she deleted her Twitter account. She unfriended Facebook. Gave Google+ the heave-ho. Pulled the plug on Pinterest. If she hadn't already gotten rid of her Instagram account in December, when the service was looking to change its terms of service, she would have said goodbye to that social network, too.

Last month, in a list of 2013 tech predictions, I speculated that this would be the year when many people begin to pause or delete their social media accounts out of exhaustion and overload. In just the month since I wrote that, I've already witnessed several online friends and contacts put their social media accounts on hold or abandon them altogether.

Flaugher's reasons for getting out of social media were both personal and professional. Her job switched from dealing with social media to dealing in joint ventures, brokering deals between companies. She no longer had to participate in social media at such a high level for a living.

But there were many more personal reasons. Her father died in 2011, causing her to re-evaluate her life priorities. She went through a breakup and purged many of her personal belongings. As her life began to get into focus, Flaugher began to realize that social media were causing her more problems than they were solving.

"What I struggled with and ended up deciding against was the noise," she said. "The constant connection was exhausting to me."

Last year's presidential election, with its heated rhetoric and online ugliness, and the gun debate that followed the Sandy Hook Elementary School massacre in Newtown, Conn., she said, were straws that broke the camel's back. "There were people screaming at each other and calling each other hateful names. At a certain point, I decided the noise wasn't worth the value I was getting," Flaugher said.

Her physical fitness was suffering and she found herself "digitally exhausted." "You get twitchy if you haven't checked your texts," she said.

So she took a 30-day break. When she went back, Flaugher said, "The spell had been broken." She says she still believes in social media, but because they're so time-consuming and potentially addictive, they just didn't make the cut when she began to set new life priorities.

And here's the most interesting part: When she announced she was going to shut down her social media accounts, many of her friends took notice. And some of them were jealous. They told her they wish they could quit social media, but they can't.

She wrote in a blog post, "Many have confided in me that they cannot get quiet anymore. They are compelled to stay in the noisy space because they fear being out of the loop. They dread being alone. They long for real connection but feel overloaded by superficial exchanges. They miss a handshake, a friendly hug — the simple joy of being touched in real life ... They know all that is somehow not quite right."

Once upon a Twitter, social media were supposed to be frivolous and, you know, social. But for many, they have become actual work. And that work is piling up, accelerating, as more people join the fray and the volume level is cranked up.

The anxiety of missing something, of not being on top of what's going on or being part of activities (known as FOMO or "Fear Of Missing Out") has gotten so bad that many people can't stop being online says Larry Rosen, a professor of psychology at California State University, Dominguez Hills.

Rosen wrote the book, "iDisorder: Understanding Our Obses-

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MONDAY PRIMETIME/LATE NIGHT — FEBRUARY 4, 2013

	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30
BROADCAST STATIONS																						
PBS KUSD 2 8 (2)	Arthur (DVS)	WordGirl (DVS)	Wild Kratts	The Electric Company	Martha Speaks (N)	Nightly Business Report	PBS NewsHour (N) (In Stereo)		Antiques Roadshow A 1950 Selmer alto saxophone. (N)		Light of the Prairie: Stained Glass in South Dakota		Market Warriors The pickers search for Asian smalls. (N)		The Red Green Show	BBC World News	Charlie Rose (N) (In Stereo)		Tavis Smiley (N)	Chefs on Tour	Antiques Roadshow A 1950 Selmer alto saxophone.	
KTIV 4 4 (4)	Cash	Cash	Ellen DeGeneres		News 4	News	News 4	Ent	The Biggest Loser "Lead by Example" (N)				Deception (N)		News 4	Jay Leno		Jimmy Fallon		Daly	News 4	Extra
NBC KDLT 5 5 (5)	The Doctors (In Stereo)		Judge Judy (N)	Judge Judy (N)	KDLT News (N)	NBC Nightly News (N)	KDLT News (N)	The Big Bang Theory	The Biggest Loser "Lead by Example" Laila Ali leads a challenging workout. (N) (In Stereo)				Deception The truth about Mia's mom is revealed. (N)		KDLT News	The Tonight Show With Jay Leno (N) (In Stereo)		Late Night With Jimmy Fallon (N) (In Stereo)		Last Call With Carson Daly	According to Jim	Paid Program
KCAU 9 6 (9)	Dr. Phil		The Dr. Oz Show		News	ABC	News	Inside	The Bachelor (N) (In Stereo)				Castle "Recoil" (N)		News	Jimmy Kimmel Live		Nightline	Paid	Inside	ABC World News	
CBS KELO 11 3 (11)	Dr. Phil (In Stereo)		The Dr. Oz Show (In Stereo)		News	CBS Evening News	News	Entertainment Tonight (N)	How I Met Your Mother	Rules of Engagement	2 Broke Girls (N)	Mike & Molly (N)	Hawaii Five-0 A double amputee seeks vengeance. (N)		News	Late Show With David Letterman (N) (In Stereo)		The Late Late Show With Craig Ferguson (N) (In Stereo)		News	omg! Insider (N)	Up to the Minute (N)
ABC KSFY 13 7 (13)	Jeopardy! (N)	Be a Millionaire	The Ellen DeGeneres Show Kiefer Sutherland. (N)		KSFY News at 5 in HD	ABC World News	KSFY News at 6 in HD	Wheel of Fortune (N)	The Bachelor (N) (In Stereo)				Castle "Recoil" Evidence links a murder to Sen. Bracken.		KSFY News at 10 in HD	Jimmy Kimmel Live Melissa McCarthy; Mark Duplass. (N)		Nightline (N)	Sleep Like A Baby!	Extra (N)	Paid Program	Paid Program
KMEG 14 13 (6)	The Doctors		Jdg Judy	Jdg Judy	KMEG 14	CBS	Jeopardy	Wheel	Mother	Rules	Broke	Mike	Hawaii Five-0 (N)		News	Letterman		Ferguson		Paid	Paid	Minute
FOX KTTW 21 9 (7)	Steve Harvey (In Stereo)		Anderson Live (In Stereo)		America's Funniest Home Videos (In Stereo)		How I Met Your Mother	How I Met Your Mother	Bones A roller derby skater is dismembered. (N)		The Following Predicting a new follower's actions. (N)		The Office "New Leads"	The Office	Dish Nation (N)	Friends	Friends	Baggage	Maury Tests solve paternity mysteries. (In Stereo)		Excused (N)	Excused
KLKN	The Dr. Oz Show		Dr. Phil		News	ABC	News	Ent	The Bachelor (N) (In Stereo)				Castle "Recoil" (N)		News	Jimmy Kimmel Live		Nightline	Katie		ABC World News	
KOLN	Ellen DeGeneres		First Four	Jeopardy	10/11	CBS	News	Wheel	Mother	Rules	Broke	Mike	Hawaii Five-0 (N)		News	Letterman		Ferguson		Paid	Inside	Minute
KPTH	The People's Court		Maury (N)		Big Bang	Two Men	Big Bang	Two Men	Bones (N)		The Following (N)		News	30 Rock	Office	Office	30 Rock	Mother	Mother	Paid	Friends	American
KSCB 97	Mission	Winston	Huch	Gary	Salvation	Creflo D.	P. Stone	J. Hagee	Parsley	Joni	Marcus and Joni		Duplantis	Joni L.	Gospel	Copeland	Life To	J. Meyer	Marcus and Joni		Joni	Reflec
KSIN 99 (12)	Arthur	Martha	Wild	WordGirl	Curious	PBS NewsHour (N)		Outdoors	Antiques Roadshow		Market Warriors (N)		Reagan Presid		Business	Served?	Doc Martin		(Off Air)			
KXNE (8)	Curious	Super	Arthur	WordGirl	Wild	Electric	PBS NewsHour (N)		Antiques Roadshow		Market Warriors (N)		Independent Lens		Space Shuttle		Globe Trekker		(Off Air)			
PAY CHANNELS																						
HBO 17 (401)	★★★ "X-Men: First Class" (2011, Action) James McAvoy. (In Stereo)				★★ "Antitrust" (2001) Ryan Phillippe, Rachael Leigh Cook. (In Stereo)				Real Time With Bill Maher		★★★ "Mea Maxima Culpa: Silence in the House of God" (2012)				★★★ "X-Men: First Class" (2011, Action) James McAvoy. (In Stereo)				Cathouse: Menage a Trois		★★ "A Life Less Ordinary" (1997)	
HBO2	People	★★ "The X-Files" (1998) David Duchovny.					★★ "The Day After Tomorrow" (2004)				Girls	Enlighten	★★ "Transit" (2012)			REAL Sports		★★ "The Dilemma" (2011) (In Stereo)				American
MAX (420)	★★ "Rounders" (1998) Matt Damon. Premiere. (In Stereo)		★★ "We Bought a Zoo" (2011) Matt Damon. A man and his family work to renovate and reopen a zoo.						★★★ "The Legend of Bagger Vance" (2000, Drama) Will Smith. (In Stereo)				★★★ "Contagion" (2011) Marion Cotillard, Matt Damon. (In Stereo)				Banshee (In Stereo)		Co-Ed Confidential 3: Spring Break Feature 1			"Clockers"
MAX2	★★★★ "L.A. Confidential" (1997)				★★★ "Airplane!" (1980)			★★★ "Grosse Pointe Blank" (1997)				★ "A Thousand Words"			Girls Bed	Femme	★★ "The Cutting Edge" (1992)				"Forrest Gump"	
SHOW 18 (435)	★★★ "Little Fish" (2005) Cate Blanchett.				★★ "Raw Deal" (1986, Action)				Homeland		★★ "The Iron Lady" (2011)			★★ "Red" (2010) Bruce Willis. (In Stereo)				★★ "Die Another Day" (2002) Pierce Brosnan.				
SHOW2	"Nowhere Boy"		★★★ "The Company Men" (2010)				"Eternal Sunshine of the Spotless Mind"				The Borgias		The Big	The Big	Comedy	Comedy	★★★ "Trainspotting" (1996)			"Sex Epidemic"		Still Here
TMC	"What Dreams"		★★ "Meet Joe Black" (1998) Brad Pitt. Premiere. (In Stereo)						★★★ "My Week With Marilyn" (2011)				★★★ "Brokeback Mountain" (2005)				★★ "What Dreams May Come" (1998)				"The Crying Game"	
CABLE STATIONS																						
A&E 57 (41)	The First 48		The First 48		The First 48		Hoarders		Hoarders		Hoarders (N)		Intervention (N)		Intervention		Hoarders		Hoarders		Intervention	
AMC 41 (54)	"The Perfect Storm"		★★ "Hannibal" (2001) Anthony Hopkins, Julianne Moore.						★★★ "The Shawshank Redemption" (1994) Tim Robbins.						★★★ "The Shawshank Redemption" (1994) Tim Robbins.						★★★ "Fargo"	
ANPL 19 (43)	Too Cute!		Too Cute!		Rattlesnake		Gator Boys		Wild West Alaska		Finding Bigfoot		Finding Bigfoot		Wild West Alaska		Finding Bigfoot		Finding Bigfoot		Gator Boys	
BRAVO 25 (55)	Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		Vanderpump Rules		Happens	Real Housewives		Vanderpump Rules		Real Housewives		Happens
CMTV 38 (77)	Rose.	Rose.	Rose.	Rose.	Reba	Reba	Reba	Reba	Reba	Reba	★★★ "Clear and Present Danger" (1994) Harrison Ford.						★ "Broken Bridges" (2006) Toby Keith. (In Stereo)					Music
CNBC 53 (52)	Closing Bell		Fast Money (N)		Mad Money (N)		The Kudlow Report		Hotel: Marriott		Betting	Diamond	American Greed		Mad Money		Betting	Diamond	American Greed		Hang Ups	Hair
CNN 33 (49)	The Situation Room (N)						E. B. OutFront		Anderson Cooper		Piers Morgan		Anderson Cooper		E. B. OutFront		Piers Morgan		Anderson Cooper		E. B. OutFront	
COM 45 (61)	Comedy	Futurama	Futurama	Sunny	Sunny	Tosh.0	Colbert	Daily	Futurama	South Pk	South Pk	South Pk	Brickle.	South Pk	Daily	Colbert	South Pk	Kroll	Daily	Colbert	"National-Van"	
CSPAN 49 (17)	Public Affairs		Public Affairs						Politics & Public Policy Today										Politics & Public Policy Today			
DISC 34 (44)	Extreme Smuggling		Extreme Smuggling		Shipwreck Men		Shipwreck Men		Extreme Smuggling		Shipwreck Men (N)		Bering Sea Gold		Shipwreck Men		Extreme Smuggling		Bering Sea Gold		Shipwreck Men	
DISN 64 (36)	High 2	Good	Good	Good	Good	Jessie	Good	Dog	★★★ "Ratatouille" (2007) (In Stereo)				Gravity	Good	Shake It	Jessie	Wizards	Wizards	Deck	Deck	Good	Good
DISXD 65 (103)	Phineas	Kickin' It	"Wizards of Waverly Place: The Movie"				Ninja	Kings	Kickin' It	Kings	Crash	Lab Rats	Lab Rats	Lab Rats	Phineas	Suite Life	Fish	Fish	Buttowski	Buttowski	Fish	Kid
E!TV 51 (62)	True Hollywood		True Hollywood		Fashion Police		E! News (N)		Studio E!	E! News	Kourtney-Kim		Kourtney-Kim		Chelsea	E! News		Chelsea	Chasing	Chasing	Chelsea	The Soup
ENC (480)	LostWrld	★ "The Benchwarmers"			★★★ "Air Force One" (1997) (In Stereo)				North and South			North and South			★★ "The Lost World: Jurassic Park" (1997)					★★★ "River's Edge" (1987)		
ESPN 28 (24)	NFL Live (N)		Around	Pardon	SportsCenter (N)		College Basketball				College Basketball Texas at West Virginia.				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
ESPN2 29 (25)	SportsNation (N)		NFL32 (N)		Around	Pardon	Women's College Basketball				Women's College Basketball				Hey Rookie		NFL Live (N)		NBA	Basket	NFL Live	
EWTN 74 (65)	Object	The Friar	Truth in	Portraits	At Last	Provide	Daily Mass		The Journey Home		Genesis	Rosary	World Over Live		Vaticano	Women	Daily Mass		The Journey Home		Mother Angelica	
FAM 62 (40)	'70s	'70s	'70s	'70s	Bunheads		Switched at Birth		Switched at Birth		Bunheads (N)		Switched at Birth		The 700 Club		Prince	Prince	Paid	Get Slim	Hang Ups	Paid
FX 23 (56)	★★ "2012" (2009, Action) John Cusack.				Mother	Mother	Two Men	Two Men	★★ "The Twilight Saga: Eclipse" (2010, Romance)					★★ "The Twilight Saga: Eclipse" (2010, Romance)					Archer	Legit	CarMD	Paid
FXNWS 50 (48)	Neil Cavuto		The Five (N)		Special Report		FOX Report		The O'Reilly Factor		Hannity (N)		Greta Van Susteren		The O'Reilly Factor		Hannity		Greta Van Susteren		The Five	
FOXSP 35 (27)	EPL Soccer		Car Sci.	UFC	Car Warriors		Wolves	Outdoors	Wild	Wild Live	NHL Hockey Minnesota Wild at Phoenix Coyotes. (N)					Wild Live	World Poker Tour		NBA Basketball			Wolves
GOLF 55 (310)	PGA Tour Golf				Golf Central (N)		The Golf Fix (N)		PGA Merchandise		Haney	Haney	Feherty		Golf Central		Haney	Haney	Feherty		The Golf Fix	
HALL 22 (33)	Hap.Days	Hap.Days	Brady	Brady	Brady	Brady	Brady	Brady	NUMB3RS		NUMB3RS		Frasier	Frasier	Frasier	Frasier	Golden	Golden	Golden	Golden	Cheers	Cheers
HGTV 54 (34)	Property	Property	Property	Property	Property	Property	Love It or List It		Love It or List It		Love It or List It (N)		Hunters	Hunt Intl	Love It or List It		Love It or List It		Hunters	Hunt Intl	Love It or List It	
HIST 46 (47)	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	American Pickers		Pawn	Pawn	Top Gear		Pawn	Pawn	American Pickers		Pawn	Pawn
KAUN 15 (22)	Movin' On		Naked City		Cross	Cross	Hopalong	McCoys	Campbell	Ozzie	Highway to Heaven		The Saint		Route 66		Da Vinci's Inquest		Cold Case Files		Cold Squad	
KWSD 12 (14)	The Wild, Wild West		Emergency!		Rifleman	Rifleman	M*A*S*H	M*A*S*H	Be	Jeannie	Mary	Newhart	OddCple	Van Dyke	Zone	Perry Mason		Kojak		Gallery	Mission: Impossible	
LIFE 58 (29)	★★★ "The Capture of the Green River Killer" (2008) Tom Cavanagh.								"An Amish Murder" (2013, Mystery)				Movie				"An Amish Murder" (2013, Mystery)				Movie	
MSNBC 66 (50)	Martin Bashir (N)		Hardball Matthews		PoliticsNation (N)		Hardball Matthews		The Ed Show (N)		Rachel Maddow		The Last Word		The Ed Show		Rachel Maddow		The Last Word		Hardball Matthews	
NICK 32 (37)	Parents	Sponge.	Sponge.	Sponge.	Sponge.	Marvin	Drake	Drake	Nick	Full H'se	Full H'se	Full H'se	Nanny	Nanny	Friends	Friends	Friends	Friends	George	George Lopez		George
RFDTV (131)	Cook Out	DocTalk	McNabb	Campfire	Trains-Locom.		Tough	Gentle	Agrotain Live		Rancher	Bunk	Horse	Goodn	The Ride	Cameron	JoeyRory	High.	Stuart	Church	Cook Out	DocTalk
SOAP (120)	Beverly Hills, 90210		Veronica Mars		Veronica Mars		Young & Restless		Days of our Lives		General Hospital		Young & Restless		Days of our Lives		General Hospital		All My Children		All My Children	
SPEED 63 (28)	On Edge	Car Craz.	Chop Cut	Gearz	NASCAR Race Hub		PassTime	PassTime	Pinks - All Out		Hot Rod	Hot Rod	Dumbest	Dumbest	Pinks - All Out		Hot Rod	Hot Rod	Dumbest	Dumbest	Unique Whips	
SPIKE 30 (60)	★★ "The Guardian" (2006, Drama) Kevin Costner. (In Stereo)						★★ "Super Troopers" (2001) (In Stereo)				"Dodgeball: A True Underdog Story"				★★ "Super Troopers" (2001) (In Stereo)				★★ "Without a Paddle" (2004, Comedy)			
STARZ	Midnight	★★ "Van Helsing" (2004) Hugh Jackman.					★★★ "Friday Night Lights" (2004)				Spartacus: War		Spartacus: War		★★ "Mindhunters" (2004) LL Cool J.				Spartacus: War		"Frnds-Benefits"	
SYFY 44 (46)	★★★ "The Chronicles of Narnia: Prince Caspian" (2008)						Continuum		Continuum (N)		Being Human (N)		Lost Girl (N)		Continuum		Being Human		Lost Girl		Stargate Atlantis	
TBS 36 (57)	Friends	Friends	Cougar	King	King	Seinfeld	Seinfeld	Seinfeld	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Conan		Office	Office	Conan		"Larry-Cable"	
TCM 76 (53)	"Splendor in the Grass" (1961)			★★★ "Gypsy" (1962) Rosalind Russell.					★★★★ "Bonnie and Clyde" (1967)				★★★ "Cool Hand Luke" (1967)				★★★ "Bullitt" (1968) Steve McQueen.				"The Wild Bunch"	
TLC 43 (45)	Four Weddings		Medium	Medium	Medium	Medium	Cake Boss:Next		Cake Boss:Next		Cake Boss:Next		Cake	Cake	Cake Boss:Next		Cake	Cake	Cake Boss:Next		Cake Boss:Next	
TNT 37 (59)	The Mentalist		The Mentalist		The Mentalist		The Mentalist		The Mentalist		Dallas (N)		Monday Mornings		Dallas		Monday Mornings		Cold Case		Southland	
TOON 42 (38)	Johnny T	Gumball	Gumball	Regular	Regular	Regular	Regular	Adven	Regular	MAD (N)	King/Hill	King/Hill	American	American	Fam. Guy	Fam. Guy	Chicken	Aqua	Squidbill.	American	American	Fam. Guy
TRAV 24 (42)	Bizarre Foods		Food	Food	Bizarre Foods		Food	Food	The Layover		The Layover		Hotel Impossible		Hotel Impossible		The Layover		Hotel Impossible		Hotel Impossible	
TRUTV 52 (63)	Police Video		Police Video		Cops	Cops	World's Dumbest...		Lizard	Lizard	Lizard	Lizard	Lizard	Swamp	Worked	Worked	Lizard	Lizard	Lizard	Lizard	Lizard	Swamp
TVFN 56 (31)	Contessa	Contessa	Paula	Pioneer	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	My. Din	My. Din	Diners	Diners	Diners	Diners	My. Din	My. Din
TVLND 47 (39)	Griffith	Griffith	Griffith	Griffith	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Cleve	Divorced	Raymond	Raymond	Raymond	Raymond	King	King	The King of Queens		King	Cleve	Cleve	'70s
UNI (69)	El Gordo y la Flaca		Primer Impacto (N)		Casa	Notic.	Corona de Lágrimas		Por Ella Soy Eva (N)		Amores Verdaderos		Amor Bravío (N)		Impacto	Noticiero	Al Diablo		Mar de Amor (N)		Conducta	Casa
USA 31 (58)	NCIS		NCIS		NCIS		NCIS "Short Fuse"		WWE Monday Night RAW (N) (In Stereo Live)						NCIS: Los Angeles		CSI: Crime Scene		CSI: Crime Scene		★ "The Hitcher"	
VH1 39 (76)	Black Ink Crew		★★★ "Undercover Brother" (2002)				Love & Hip Hop		Love & Hip Hop (N)		Black Ink Crew (N)		Tiny Tonight! V		Love & Hip Hop		Black Ink Crew		Tiny Tonight! V		Love & Hip Hop	
WE (30)	Rose.	Rose.	Ghost Whisperer		Charmed		Charmed		Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.
WGN 16 (18)	Walker, Tex. Ranger		Law Order: CI		Chris	Chris	Funny Home Videos		Funny Home Videos		Funny Home Videos		WGN News at Nine		Funny Home Videos		Rules	Rules	30 Rock	Scrubs	30 Rock	Sunny

TUESDAY PRIMETIME/LATE NIGHT — FEBRUARY 5, 2013

	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30
BROADCAST STATIONS																						
PBS KUSD 2 8 (2)	Arthur (DVS)	WordGirl (DVS)	Wild Kratts (N)	The Electric Company	Martha Speaks	Nightly Business Report	PBS NewsHour (N) (In Stereo)		Pioneers of Television Cast members of miniseries.		Silicon Valley: American Experience Founders of Fairchild Semiconductor. (N) (In Stereo)			Lost State of Franklin	Keeping Up	BBC World News	Charlie Rose (N) (In Stereo)		Tavis Smiley (N)	Rick Steves' Europe	Silicon Valley: American Experience (DVS)	
KTIV 4 4 (4)	Cash	Cash	Ellen DeGeneres		News 4	News	News 4	Ent	Betty White		Smash "On Broadway; The Fallout"				News 4	Jay Leno		Jimmy Fallon		Daly	News 4	Extra
NBC KDLT 5 5 (5)	The Doctors (In Stereo)		Judge Judy (N)	Judge Judy (N)	KDLT News (N)	NBC Nightly News (N)	KDLT News (N)	The Big Bang Theory	Betty White's 2nd Annual 90th Birthday Special (N)		Smash "On Broadway; The Fallout" (Season Premiere) Derek deals with a damaging accusation. (N) (In Stereo)				KDLT News (N)	The Tonight Show With Jay Leno (N) (In Stereo)		Late Night With Jimmy Fallon (N) (In Stereo)		Last Call With Carson Daly	According to Jim	Paid Program
KCAU 9 6 (9)	Dr. Phil		The Dr. Oz Show		News	ABC	News	Inside	The Taste (N)		The Bachelor (N) (In Stereo)				News	Jimmy Kimmel Live		Nightline	Paid	Inside	ABC World News	
CBS KELO 11 3 (11)	Dr. Phil (In Stereo)		The Dr. Oz Show (In Stereo)		News	CBS Evening News	News	Entertainment Tonight (N)	NCIS "Canary" The NCIS team finds an infamous hacker. (N)		NCIS: Los Angeles A crime is linked to a cartel kingpin. (N)		Vegas Jack has devastating news for Mia. (N)		News	Late Show With David Letterman Actor Eric Stonestreet.		The Late Late Show With Craig Ferguson (N) (In Stereo)		News	omg! Insider (N)	Up to the Minute (N)
ABC KSFY 13 7 (13)	Jeopardy! (N)	Be a Millionaire	The Ellen DeGeneres Show (N) (In Stereo)		KSFY News at 5 in HD	ABC World News	KSFY News at 6 in HD	Wheel of Fortune (N)	The Taste "Comfort Food" Comfort food dishes; elimination.		The Bachelor (N) (In Stereo)				KSFY News at 10 in HD	Jimmy Kimmel Live (N) (In Stereo)		Nightline (N)	Paid Program	Extra (N)	Sleep Like A Baby!	Paid Program
KMEG 14 13 (6)	The Doctors		Jdg Judy	Jdg Judy	KMEG 14	CBS	Jeopardy	Wheel	NCIS "Canary" (N)		NCIS: Los Angeles		Vegas (N)		News	Letterman		Ferguson		Paid	Paid	Minute
FOX KTTW 21 9 (7)	Steve Harvey (In Stereo)		Anderson Live (In Stereo)		America's Funniest Home Videos (In Stereo)		How I Met Your Mother	How I Met Your Mother	Raising Hope Working on the show "Yo Zappa Do." (N)		New Girl "Table 34" (N)	The Mindy Project	The Office	The Office	Dish Nation (N)	Friends	Friends	Baggage	Maury Children in unsafe conditions. (In Stereo)		Excused (N)	Excused
KLKN	The Dr. Oz Show		Dr. Phil		News	ABC	News	Ent	The Taste (N)		The Bachelor (N) (In Stereo)				News	Jimmy Kimmel Live		Nightline	Katie		ABC World News	
KOLN	Ellen DeGeneres		First Four	Jeopardy	10/11	CBS	News	Wheel	NCIS "Canary" (N)		NCIS: Los Angeles		Vegas (N)		News	Letterman		Ferguson		Paid	Inside	Minute
KPTH	The People's Court		Maury (N)		Big Bang	Two Men	Big Bang	Two Men	Raising Hope (N)		New Girl	Mindy	News	30 Rock	Office	Office	30 Rock	Mother	Mother	Paid	Friends	American
KSCB 97	Israel	Winston	Love-	Gary	Guillermo	Creflo D.	Israel	J. Hagee	Parsley	Joni	Marcus and Joni		Joel Osteen		J. Hagee	Copeland	Life To	J. Meyer	Marcus and Joni		Joni	J. Osteen
KSIN 99 (12)	Arthur	Martha	Wild	WordGirl	Curious	PBS NewsHour (N)		Woods.	Pioneers, Television		Silicon Valley: American			Steve Jobs-One		Business	Globe Trekker		(Off Air)			
KXNE (8)	Curious	Super	Arthur	WordGirl	Wild	Electric	PBS NewsHour (N)		Pioneers, Television		Great Plains: America's Lingering Wild				Railroad Empire		Gang:	Home	(Off Air)			
PAY CHANNELS																						
HBO 17 (401)	"Adjustmnt"	Mak. Fast Five	★★ "Water for Elephants" (2011) Reese Witherspoon. (In Stereo)				REAL Sports With Bryant Gumbel		★★★ "The Five-Year Engagement" (2012) Jason Segel. (In Stereo)				Girls	Identity Thief	★★ "The Adjustment Bureau" (2011) Matt Damon, Emily Blunt. (In Stereo)				★★ "She Hate Me" (2004) Anthony Mackie, Kerry Washington. (In Stereo)			
HBO2	★★ "Too Big to Fail" (2011)			★★★ "Harry Potter and the Sorcerer's Stone"					★ "Wrath of the Titans"			Battle	Real/Bill Maher		Enlighten	Girls	★★ "The Three Stooges"			Lewis Black: Black		Amr
MAX (420)	★★★★ "Titanic" (1997) (In Stereo)		★★ "I, Robot" (2004) Will Smith, Bridget Moynahan. (In Stereo)				★★★ "Troy" (2004, Adventure) Brad Pitt, Eric Bana. Achilles leads Greek forces in the Trojan War. (In Stereo)						★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. (In Stereo)				Girls in Bed	Banshee (In Stereo)		★ "Pleasure Spa" (2013, Adult) (In Stereo)		
MAX2	★★ "Kingpin"		★★ "Final Destination 5"			★★★ "The Matrix Reloaded" (2003) Keanu Reeves.					★★ "The Matrix Revolutions" (2003)				Depravity	★★ "Sucker Punch" (2011) (In Stereo)				The Erotic Traveler Feature 1		
SHOW 18 (435)	Beaver	★ "My 5 Wives" (2000) (In Stereo)				"I Don't Know How"			★★★ "The Woman in Black"			★★ "Blitz" (2011) (In Stereo)			★★★ "The Game" (1997) Michael Douglas.					"Wet Hot American Summer"		
SHOW2	Exit	★★★ "Muriel's Wedding" (1994)				Bryan Callen: Man Class			"Twilight Saga: Breaking Dawn"				★★ "Piranha" (2010)			★★ "Edges of the Lord"			★ "The Bone Snatcher"			Callen
TMC	"Circle" (2010)		★★★ "Billy Elliot" (2000) Julie Walters.				★★ "Camouflage" (1999)			★★★ "Our Idiot Brother"			★ "The Three Musketeers" (2011)				★★★ "Source Code" (2011)			"Paper Soldiers" (2002)		
CABLE STATIONS																						
A&E 57 (41)	The First 48		The First 48		Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Southie	Southie	Southie	Southie	Storage	Storage	Storage	Storage	Southie	Southie
AMC 41 (54)	★★ "Hannibal"		★★★ "The Fugitive" (1993, Suspense) Harrison Ford.						★★★ "The Shawshank Redemption" (1994) Tim Robbins.						★★★ "The Shawshank Redemption" (1994) Tim Robbins.						"The Truman Show"	
ANPL 19 (43)	The Haunted		K-9 Cops		Rattlesnake		Wild Hawaii		Wild	Wild	Wild	Wild	River Monsters		Wild	Wild	Wild	Wild	River Monsters		Wild Hawaii	
BRAVO 25 (55)	Matchmaker		Matchmaker		Matchmaker		Real Housewives		Real Housewives		Matchmaker		Matchmaker		Happens	Matchmaker		Housewives/Atl.		Matchmaker		Happens
CMTV 38 (77)	Rose.	Rose.	Rose.	Rose.	Reba	Reba	Reba	Reba	Reba	Reba	Redneck Vacation		Swamp Pawn		Redneck Island		Redneck Island		Redneck Island		Redneck Vacation	
CNBC 53 (52)	Closing Bell		Fast Money (N)		Mad Money (N)		The Kudlow Report		CNBC Titans		60 Minutes on		American Greed		Mad Money		60 Minutes on		American Greed		Paid	Paid
CNN 33 (49)	The Situation Room (N)						E. B. OutFront		Anderson Cooper		Piers Morgan		Anderson Cooper		E. B. OutFront		Piers Morgan		Anderson Cooper		E. B. OutFront	
COM 45 (61)	Comedy	Futurama	Futurama	Sunny	South Pk	Tosh.0	Colbert	Daily	The Burn	Tosh.0	Tosh.0	Tosh.0	Tosh.0	The Burn	Daily	Colbert	Tosh.0	The Burn	Daily	Colbert	Tosh.0	The Burn
CSPAN 49 (17)	Public Affairs		Public Affairs						Capitol Hill Hearings										Capitol Hill Hearings			
DISC 34 (44)	Africa "Cape"		Dual Survival		Dual Survival		Dual Survival		Dual Survival (N)		Dual Survival (N)		Africa "Sahara" (N)		Dual Survival		Africa "Sahara"		Dual Survival		Dual Survival	
DISN 64 (36)	ANT	Austin	Austin	Austin	Good	Jessie	Good	Dog	Jessie	Shake It	Dog	ANT	Good	Good	ANT	Austin	Wizards	Wizards	Deck	Deck	Good	Good
DISXD 65 (103)	Phineas	Kickin' It	"Kung Fu Magoo" (2010)			Ninja	Phineas	Kings	Wizards	Suite Life	Kings	Kings	Kings	Kings	Phineas	Suite Life	Fish	Fish	Buttowski	Buttowski	Fish	Kid
E!TV 51 (62)	"She's Out"		Kourtney-Kim		Kourtney-Kim		E! News (N)		E! Special		E Special	Chasing	Chasing	Chasing	Chelsea	E! News		Chelsea	★★ "She's Out of My League" (2010)			
ENC (480)	★★★ "The Thomas Crown Affair" (1999)				★★ "Heartbreak Ridge" (1986, War)				North and South			★★ "Grumpy Old Men" (1993)				★ "Jack and Jill" (2011)			★★ "It Runs in the Family" (2003)			
ESPN 28 (24)	NFL Live (N)		Around	Pardon	SportsCenter (N)		College Basketball Florida at Arkansas.				College Basketball				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
ESPN2 29 (25)	SportsNation (N)		NFL32 (N)		Around	Pardon	College Basketball Villanova at DePaul.				NBA Coast to Coast (N) (Live)				SportsNation		Best/NFL	NBA	Basket	NFL Live (N)		Nation
EWTN 74 (65)	Animated	Catholic	Truth in	Vaticano	Choices	Mother	Daily Mass		Mother Angelica		Religious	Rosary	Threshold of Hope		Priest	Women	Daily Mass		Mother Angelica		Catholic.	Holy Wd.
FAM 62 (40)	'70s	'70s	'70s	'70s	Pretty Little Liars		Pretty Little Liars		Pretty Little Liars		The Lying Game (N)		Pretty Little Liars		The 700 Club		Prince	Prince	Paid	Paid	Paid	Paid
FX 23 (56)	Enemy	Mother	Mother	Two Men	Two Men	★★ "Knight and Day" (2010, Action) Tom Cruise.					The Ultimate Fighter		Justified "Kin" (N)		The Americans "Pilot"			Justified "Kin"		Justified "Kin"		Biased
FXNWS 50 (48)	Neil Cavuto		The Five (N)		Special Report		FOX Report		The O'Reilly Factor		Hannity (N)		Greta Van Susteren		The O'Reilly Factor		Hannity		Greta Van Susteren		The Five	
FOXSP 35 (27)	Game	Car Sci.	Skate		The Best of Pride		Jackrab	Gopher	Wild	Fox Sports Prep Zone (N) (Live)				UFC Reloaded Randy Couture comes out of retirement.						Wild	Wild	Wild
GOLF 55 (310)	European PGA Tour Golf				Central	PGA Tour	Golf	Learning	PGA Tour Golf						Central	Lessons	PGA Tour Golf					
HALL 22 (33)	Hap.Days	Hap.Days	Brady	Brady	Brady	Brady	Brady	Brady	Hap.Days	Hap.Days	Hap.Days	Hap.Days	Frasier	Frasier	Frasier	Frasier	Golden	Golden	Golden	Golden	Cheers	Cheers
HGTV 54 (34)	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunt Intl	Hunters	Property	Property	Income Property (N)		Hunters	Hunt Intl	Income	Income	Income Property		Hunters	Hunt Intl	Income	Income
HIST 46 (47)	Brad Meltzer's Dec.		Brad Meltzer's Dec.		Top Gear		Pawn	Pawn	Pawn	Pawn	Top Gear (N)		Ax Men		America Unearthed		Pawn	Pawn	Top Gear		Ax Men	
KAUN 15 (22)	Movin' On		Naked City		Cross	Cross	Hopalong	McCoys	Campbell	Ozzie	Highway to Heaven		The Saint		Route 66		Da Vinci's Inquest		Cold Case Files		Cold Squad	
KWSD 12 (14)	The Wild, Wild West		Emergency!		Rifleman	Rifleman	M*A*S*H	M*A*S*H	Be	Jeannie	Mary	Newhart	OddCple	Van Dyke	Zone	Perry Mason		Kojak		Gallery	Mission: Impossible	
LIFE 58 (29)	Supernanny		Supernanny		Dance Moms		Dance Moms		Dance Moms		Dance Moms (N)		Supernanny		Teen Trouble		Dance Moms		Dance Moms		Supernanny	
MSNBC 66 (50)	Martin Bashir (N)		Hardball Matthews		PoliticsNation (N)		Hardball Matthews		The Ed Show (N)		Rachel Maddow		The Last Word		The Ed Show		Rachel Maddow		The Last Word		Hardball Matthews	
NICK 32 (37)	Parents	Sponge.	Sponge.	Sponge.	Sponge.	Marvin	Drake	Drake	Full H'se	Full H'se	Full H'se	Full H'se	Nanny	Nanny	Friends	Friends	Friends	Friends	George	George Lopez		George
RFDTV (131)	Horse	Penny G	Animal	Del	Tractor	Tractor	Out-	Stock	Ag PhD	Cattle-Cattle		Cowgirl	Horsemanship		Reining	Horse	★★ "Idaho" (1943)		Paid	Paid	Horse	Penny G
SOAP (120)	Beverly Hills, 90210		Veronica Mars		Veronica Mars		Young & Restless		Days of our Lives		General Hospital		Young & Restless		Days of our Lives		General Hospital		All My Children		All My Children	
SPEED 63 (28)	On Edge	Classic	Chop Cut	Gearz	NASCAR Race Hub		PassTime	PassTime	Gearz	Gearz	Dreams	Dreams	Tran	The List	Gearz	Gearz	Dreams	Dreams	Tran	The List	Unique Whips	
SPIKE 30 (60)	★★ "The Guardian" (2006) (In Stereo)				★★ "Without a Paddle" (2004, Comedy)				"Dodgeball: A True Underdog Story"				J. Schmo		Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die	Entou	Entou
STARZ	★★ "Mindhunters" (2004)			★ "The Son of No One"			★★★ "Friends With Benefits" (2011)				★★★ "21 Jump Street" (2012)				★★ "Touchback" (2011) Brian Presley.				★★ "The Vow" (2012) Rachel McAdams.			
SYFY 44 (46)	Fact or Faked		Fact or Faked		Face Off		Face Off		Face Off (N)		Face Off (N)		Total	Total	Face Off		Total	Total	★ "Primeval" (2007) Dominic Purcell.			
TBS 36 (57)	Friends	Friends	Cougar	King	King	Seinfeld	Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Cougar	Big Bang	Conan		Cougar	Office	Conan		"My Baby's Daddy"	
TCM 76 (53)	★★★ "Camelot" (1967) Richard Harris.				★★★ "Rachel, Rachel" (1968)				★★★ "Billy Budd" (1962) Robert Ryan.				★★★ "Cabaret" (1972, Musical) Liza Minnelli.					★★★ "Papillon" (1973, Suspense) Steve McQueen.				
TLC 43 (45)	Four Weddings		Medium	Medium	Medium	Medium	The Sisterhood		The Sisterhood (N)		Starter Wives		The Big Day		Starter Wives		The Big Day		The Sisterhood		The Sisterhood	
TNT 37 (59)	Castle		Castle "Punked"		Castle		Castle "3XK"		Castle		Castle		Castle		CSI: NY		CSI: NY		Cold Case		Southland	
TOON 42 (38)	Johnny T	MAD	Incred	Adven	Adven	Adven	Gumball	Looney	Level Up	Adven	King/Hill	King/Hill	American	American	Fam. Guy	Fam. Guy	Chicken	Aqua	Squidbill.	American	American	Fam. Guy
TRAV 24 (42)	Bizarre Foods		Food	Food	Bizarre Foods		Food	Food	Bizarre Foods		Edge	Edge	Mega RV Count		Tricked Out Trailers		Edge	Edge	Mega RV Count		Tricked Out Trailers	
TRUTV 52 (63)	Most Shocking		Most Shocking		Cops	Cops	World's Dumbest...		Pawn	Pawn	Pawn	Hardcore	Pawn	Pawn	World's Dumbest...		Pawn	Pawn	Pawn	Hardcore	Pawn	Pawn
TVFN 56 (31)	Contessa	Contessa	Paula	Trisha's	Chopped		Chopped		Chopped		Chopped		Chopped (N)		Chopped		Chopped		Chopped		Chopped	
TVLND 47 (39)	Griffith	Griffith	Griffith	Griffith	M*A*S*H	M*A*S*H	M*A*S*H	Cosby	Cosby	Cosby	Raymond	Raymond	Raymond	Raymond	King	King	The King of Queens		King	Divorced	Divorced	'70s
UNI (69)	El Gordo y la Flaca		Primer Impacto (N)		Casa	Notic.	Corona de Lágrimas		Por Ella Soy Eva (N)		Amores Verdaderos		Amor Bravío (N)		Impacto	Noticiero	Al Diablo		Mar de Amor (N)		Conducta	Casa
USA 31 (58)	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		White Collar (N)		Law & Order: SVU		Law & Order: SVU		White Collar		Law & Order: SVU	
VH1 39 (76)	Mob Wives		Hip Hop Songs		Hip Hop Songs		Tiny Tonight! V		Black Ink Crew		Love & Hip Hop		Mob Wives		Tiny Tonight! V		Love & Hip Hop		Black Ink Crew		"Who's the Man?"	
WE (30)	Rose.	Rose.	Ghost Whisperer		Charmed		Charmed		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami	
WGN 16 (18)	Walker, Tex. Ranger		Law Order: CI		Chris	Chris	Funny Home Videos		Mother	Mother	Mother	Mother	WGN News at Nine		Funny Home Videos		Rules	Rules	30 Rock	Scrubs	30 Rock	Sunny

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