## WEDNESDAY PRIMETIME/LATE NIGHT — FEBRUARY 6, 2013

| Station | 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 |
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| **BROADCAST STATIONS** | | | | | | | | | | | | | | | | | | | | | | |
| PBS KUSD 2 8 2 | Arthur (CC) (DVS) | WordGirl Evil Word-Girl. | Wild Kratts (CC) | The Electric Company | Martha Speaks | Nightly Business Report | PBS NewsHour (N) (In Stereo) (CC) | | Nature Humans affect the natural world. (N) | | NOVA Replicas of Egyptian royal chariots. (N) (In Stereo) | | Life on Fire Life in the Tonga archipelago. (CC) | | Last of the Summer Wine | BBC World News | Charlie Rose (N) (In Stereo) (CC) | | Tavis Smiley (N) (CC) | The Aviators (CC) | NOVA Replicas of Egyptian royal chariots. (CC) (DVS) | |
| KTIV 4 4 4 | Cash | Cash | Ellen DeGeneres | | News 4 | News | News 4 | Ent | Whitney | Guys- | Law & Order: SVU | | Chicago Fire (N) | | News 4 | Jay Leno | | Jimmy Fallon | | Daly | News 4 | Extra |
| NBC KDLT 5 5 5 | The Doctors (In Stereo) (CC) | | Judge Judy (N) (CC) | Judge Judy (N) (CC) | KDLT News (N) (CC) | NBC Nightly News (N) | KDLT News (N) (CC) | The Big Bang Theory | Whitney "Space Invaders" | Guys With Kids (N) (CC) | Law & Order: Special Victims Unit "Secrets Exhumed" | | Chicago Fire Dawson shares a secret with Shay. (N) | | KDLT News (N) (CC) | The Tonight Show With Jay Leno Singer Tim McGraw. | | Late Night With Jimmy Fallon (N) (In Stereo) (CC) | | Last Call With Carson Daly | According to Jim (CC) | Paid Program |
| KCAU 9 6 9 | Dr. Phil (CC) | | The Dr. Oz Show | | News | ABC | News | Inside | Middle | Neigh | Mod Fam | Suburg. | Nashville (N) | | News | Jimmy Kimmel Live | | Nightline | My Pillow | Inside | ABC World News | |
| CBS KELO 11 3 11 | Dr. Phil (In Stereo) (CC) | | The Dr. Oz Show (In Stereo) (CC) | | News | CBS Evening News | News | Entertainment Tonight (N) | Person of Interest Reese protects a diplomat's daughter. | | Criminal Minds An author's daughter goes missing. (N) | | CSI: Crime Scene Investigation "In Vino Veritas" (N) | | News | Late Show With David Letterman Actor Joel McHale. (N) | | The Late Late Show With Craig Ferguson (N) (In Stereo) (CC) | | News | omg! Insider (N) (CC) | Up to the Minute (N) |
| ABC KSFY 13 7 13 | Jeopardy! (N) (CC) | Be a Millionaire | The Ellen DeGeneres Show (N) (In Stereo) (CC) | | KSFY News at 5 in HD | ABC World News | KSFY News at 6 in HD | Wheel of Fortune (N) (CC) | The Middle "The Smile" | The Neighbors (N) | Modern Family (N) | Suburgatory (N) | Nashville Rayna makes a discovery about Deacon. (N) | | KSFY News at 10 in HD | Jimmy Kimmel Live (N) (In Stereo) (CC) | | Nightline (N) (CC) | Sleep Like A Baby! | Extra (N) (CC) | Support Joint Health | Paid Program |
| KMEG 14 13 6 | The Doctors (CC) | | Jdg Judy | Jdg Judy | KMEG 14 | CBS | Jeopardy | Wheel | Person of Interest | | Criminal Minds (N) | | CSI: Crime Scene | | News | Letterman | | Ferguson | | Paid | Paid | Minute |
| FOX KTTW 21 9 7 | Steve Harvey (In Stereo) (CC) | | Anderson Live (In Stereo) (CC) | | America's Funniest Home Videos (In Stereo) (CC) | | How I Met Your Mother | How I Met Your Mother | American Idol "Hollywood Week, Part 1" Competing for a spot in the semifinals. (N) (In Stereo) (Part 1 of 4) (CC) | | | | The Office (CC) | The Office (CC) | Dish Nation (N) (CC) | Friends (CC) | Friends (CC) | Baggage (CC) | Maury Guests demand paternity tests. (In Stereo) (CC) | | Excused (N) (CC) | Excused (CC) |
| KLKN | The Dr. Oz Show | | Dr. Phil (CC) | | News | ABC | News | Ent | Middle | Neigh | Mod Fam | Suburg. | Nashville (N) | | News | Jimmy Kimmel Live | | Nightline | Katie (CC) | | ABC World News | |
| KOLN | Ellen DeGeneres | | First Four | Jeopardy | 10/11 | CBS | News | Wheel | Person of Interest | | Criminal Minds (N) | | CSI: Crime Scene | | News | Letterman | | Ferguson | | Paid | Inside | Minute |
| KPTH | The People's Court | | Maury (N) (CC) | | Big Bang | Two Men | Big Bang | Two Men | American Idol "Hollywood Week, Part 1" | | | | News | 30 Rock | Office | Office | 30 Rock | Mother | Mother | Paid | Friends | American |
| KSCB 97 | Gospel | Winston | Hope | Gary | Silas | Creflo D. | Reagan | J. Hagee | Parsley | Joni | Marcus and Joni | | Redempt. | Wisdom | Levitt | Copeland | Life To | J. Meyer | Marcus and Joni | | Joni | Marriage |
| KSIN 99 12 | Arthur | Martha | Wild | WordGirl | Curious | PBS NewsHour (N) | | Old | Nature (N) | | NOVA (N) (In Stereo) | | Life on Fire (CC) | | Business | Red | Austin City Limits | | (Off Air) | | | |
| KXNE 8 | Curious | Super | Arthur | WordGirl | Wild | Electric | PBS NewsHour (N) | | Nature (N) | | NOVA (N) (In Stereo) | | Life on Fire (CC) | | History of Science | | Nature (CC) (DVS) | | (Off Air) | | | |
| **PAY CHANNELS** | | | | | | | | | | | | | | | | | | | | | | |
| HBO 17 401 | "50 First Dates" | ★★ "Purple Violets" (2007) Selma Blair. Two ex-couples meet again by chance. | | | | ★★ "Fast Five" (2011, Action) Vin Diesel, Paul Walker. (In Stereo) (CC) | | | | Good Day, Die | ★ "Big Mommas: Like Father, Like Son" (2011) Martin Lawrence. (In Stereo) (CC) | | | | Real Time With Bill Maher (CC) | | Enlightened | ★★★ "The American" (2010) George Clooney. A hit man hides out in Italy. (CC) | | | | "Last Man" |
| HBO2 | ★★ "Havana" (1990) (CC) | | | ★★★ "The New World" (2005) Colin Farrell. (CC) | | | | | "Mea Maxima Culpa" | | | | ★★ "Margaret" (2011, Drama) Anna Paquin. (CC) | | | | | ★★ "Unknown" (2011) Liam Neeson. | | | | Best Sex |
| MAX 420 | ★★★★ "Saving Private Ryan" (1998, War) Tom Hanks. (In Stereo) (CC) | | | | ★★ "Sherlock Holmes: A Game of Shadows" (2011) Robert Downey Jr. (CC) | | | | Banshee (In Stereo) (CC) | | ★★★★ "The Silence of the Lambs" (1991) Jodie Foster. (In Stereo) (CC) | | | | Co-Ed | Co-Ed | ★★ "Sherlock Holmes: A Game of Shadows" (2011) Robert Downey Jr. (CC) | | | | Girls in Bed | "American" |
| MAX2 | ★★ "Superman III" (1983) | | | ★★ "Love & Other Drugs" (2010) (CC) | | | | ★★ "Along Came Polly" (CC) | | | Strike Back (CC) | | ★★★ "Swingers" (1996) (CC) | | | ★★★ "Closer" (2004) (CC) | | | Life-Top | Life-Top | ★★★ "Grease" | |
| SHOW 18 435 | "Judge Dredd" | | "Lara Croft Tomb Raider: Cradle of Life" | | | | "Twilight Saga: Breaking Dawn" | | | | Inside the NFL (N) | | 60 Minutes Sports | | Inside the NFL (CC) | | "Lara Croft Tomb Raider: Cradle of Life" | | | | "Jolene" (2008) (CC) | |
| SHOW2 | George 2 | Mumford & Sons | ★★ "Die Another Day" (2002) Pierce Brosnan. (CC) | | | | | | ★★ "The Iron Lady" (2011) | | | ★★★ "The English Patient" (1996) Ralph Fiennes. (In Stereo) | | | | | | ★★★ "Traffic" (2000) Michael Douglas. (In Stereo) | | | | |
| TMC | Sophies | "Blessed & Cursed" (2010) (In Stereo) | | | | ★ "Mallrats" (1995) (In Stereo) | | | ★ "High School" (2010) Adrien Brody. | | | | ★★ "Brüno" (2009) (In Stereo) | | | ★ "A Low Down Dirty Shame" | | | ★ "The Heart Specialist" (2006) (CC) | | | |
| **CABLE STATIONS** | | | | | | | | | | | | | | | | | | | | | | |
| A&E 57 41 | The First 48 (CC) | | The First 48 (CC) | | The First 48 (CC) | | Duck D. | Duck D. | Duck D. | Duck D. | Duck D. | Duck D. | Barter Kings (N) | | Barter Kings (CC) | | Duck D. | Duck D. | Duck D. | Duck D. | Barter Kings (CC) | |
| AMC 41 54 | CSI: Miami (CC) | | CSI: Miami (CC) | | CSI: Miami (CC) | | CSI: Miami (CC) | | ★★★ "The Shawshank Redemption" (1994) Tim Robbins. (CC) | | | | | | ★★★ "The Shawshank Redemption" (1994) Tim Robbins. (CC) | | | | | | "Mrs. Doubtfire" | |
| ANPL 19 43 | The Haunted (CC) | | K-9 Cops (CC) | | Rattlesnake | | Swamp Wars | | Wildman | Wildman | Gator Boys | | Gator Boys | | Wildman | Wildman | Gator Boys | | Gator Boys | | Swamp Wars | |
| BRAVO 25 55 | Top Chef: Seattle | | Vanderpump Rules | | Vanderpump Rules | | Real Housewives | | Housewives/Atl. | | Top Chef: Seattle | | Top Chef: Seattle | | Happens | Top Chef: Seattle | | Top Chef: Seattle | | Real Housewives | | Happens |
| CMTV 38 77 | Rose. | Rose. | Rose. | Rose. | Reba | Reba | Reba | Reba | Reba | Reba | ★★★ "Gridiron Gang" (2006) The Rock, Xzibit. (In Stereo) (CC) | | | | | | ★★★ "Gridiron Gang" (2006) The Rock, Xzibit. (In Stereo) (CC) | | | | | |
| CNBC 53 52 | Closing Bell | | Fast Money (N) | | Mad Money (N) | | The Kudlow Report | | Shadow Billionaire | | Amer. Greed | | American Greed | | Mad Money | | Amer. Greed | | 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 | Half Hour | Futurama | Futurama | Sunny | South Pk | Tosh.0 | Colbert | Daily | Kroll | Work. | South Pk | South Pk | Work. | Kroll | Daily | Colbert | Work. | Kroll | Daily | Colbert | Work. | Kroll |
| CSPAN 49 17 | Public Affairs | | Public Affairs | | | | | | Capitol Hill Hearings | | | | | | | | | | Capitol Hill Hearings | | | |
| DISC 34 44 | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (N) | | Moonshiners (N) | | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (CC) | | Moonshiners (CC) | |
| DISN 64 36 | ANT | Shake It | Shake It | Shake It | Good | Jessie | Good | Dog | "Tinker Bell and the Lost" | | | Jessie | Shake It | Good | Jessie | ANT | Wizards | Wizards | Deck | Deck | Good | Good |
| DISXD 65 103 | Phineas | Kickin' It | "Haunting Hour: Don't" | | | | Ninja | Kings | Wizards | Suite Life | Kickin' It | Kickin' It | Kickin' It | Kickin' It | Phineas | Suite Life | Fish | Fish | Buttowski | Buttowski | Fish | Kid |
| E!TV 51 62 | Fatal Beauty | | E! Special | | Kourtney-Kim | | E! News (N) | | Kourtney-Kim | | Chasing | Chasing | The Soup | Love You | Chelsea | E! News | | Chelsea | The Soup | Love You | Chelsea | Chasing |
| ENC 480 | ★★★ "Ransom" (1996) (CC) | | | ★★★ "Ali" (2001) Will Smith. Premiere. (In Stereo) | | | | | North and South (CC) | | | "Pirates of the Caribbean: The Curse" | | | | | ★★ "The Butterfly Effect" (2004) (CC) | | | | ★★★ "Rush" (CC) | |
| ESPN 28 24 | NFL Live (N) (CC) | | Around | Pardon | SportsCenter (N) | | College Basketball | | | | NBA Basketball: Spurs at Timberwolves | | | | | SportsCenter (N) (Live) (CC) | | | SportsCenter (N) | | SportsCenter (N) | |
| ESPN2 29 25 | Soccer | | NFL32 (N) (CC) | | SportsNation (N) | | College Basketball | | | | Pre- | Soccer | | | | Basket | NFL Live (N) (CC) | | NBA | NFL Live (CC) | | NBA |
| EWTN 74 65 | Hi Lucy | Family | Truth in | Bkmrk | Savoring | Notre | Daily Mass | | EWTN Live | | Saint | Rosary | Saints | Faith | Catholic | Women | Daily Mass | | EWTN Live | | Genesis | Rupture |
| FAM 62 40 | '70s | '70s | '70s | '70s | Funny Home Videos | | "Another Cinderella Story" (2008) | | | | ★★ "Ramona and Beezus" (2010) | | | | The 700 Club (CC) | | Prince | Prince | Paid | Paid | Paid | Paid |
| FX 23 56 | Two Men | Two Men | ★★ "Knight and Day" (2010, Action) Tom Cruise. | | | | | ★★ "Tron: Legacy" (2010) Jeff Bridges. Premiere. | | | | | The Americans (N) | | The Americans | | Justified "Kin" | | The Americans | | The Ultimate Fighter | |
| 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 | Skate | | The Best of Pride | | Car Warriors (CC) | | UFC | Car Sci. | Wolves | Wolves | NBA Basketball: Spurs at Timberwolves | | | | | Wolves | World Poker Tour | | NBA Basketball | | | Wolves |
| GOLF 55 310 | Top 10 | Golf | U.S. Open Golf | | Central | Tour | Golf | Golf | On the Range | | The Golf Fix | | U.S. Open Golf | | Central | PGA Tour | The Golf Fix | | On the Range | | PGA Tour | Learning |
| 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 | House Hunters | | House Hunters | | House Hunters | | House Hunters | | Cousins | Cousins | Property Brothers | | Hunters | Hunt Intl | House Hunters | | Property Brothers | | Hunters | Hunt Intl | House Hunters | |
| HIST 46 47 | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | | Ancient Aliens (CC) | |
| 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 (CC) | |
| KWSD 12 14 | The Wild, Wild West | | Emergency! "Kids" | | Rifleman | Rifleman | M*A*S*H | M*A*S*H | Be | Jeannie | Mary | Newhart | OddCple | Van Dyke | Zone | Perry Mason (CC) | | Kojak "Bad Dude" | | Gallery | Mission: Impossible | |
| LIFE 58 29 | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | | Project Runway | | Wife Swap (CC) | | Wife Swap (CC) | | Wife Swap (CC) | |
| 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 (CC) | | George |
| RFDTV 131 | Presleys' | Hay | Rodeo | Dressage | FFA | Voices | Mollie B Polka Party | | Heartland | Monitor | Cinch | Rodeo | Horse | Equstran | Cutter | Rodeo | Paid | Paid | Clsc Tractors | | Presleys' | Hay |
| SOAP 120 | Beverly Hills, 90210 | | Veronica Mars (CC) | | Veronica Mars (CC) | | 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 | Garage | Chop Cut | Gearz | NASCAR Race Hub | | PassTime | PassTime | Stunt | Stunt | Drag | Drag | Trucker | Trucker | Stunt | Stunt | Drag | Drag | Trucker | Trucker | Unique Whips | |
| SPIKE 30 60 | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Auction | Diggers | Diggers | Diggers | Diggers | Auction | Auction | Diggers | Diggers | Ways Die | Entou |
| STARZ | ★★★ "Adoration" (2008) (CC) | | | ★ "Ultraviolet" (2006) (CC) | | | ★★ "The Vow" (2012) Rachel McAdams. | | | | ★★ "Click" (2006) Adam Sandler. (CC) | | | | ★★★ "Reign Over Me" (2007) (CC) | | | | ★★ "Hysteria" (2011) (CC) | | | EngPa |
| SYFY 44 46 | Ghost Mine | | Ghost Mine | | Ghost Mine | | Ghost Hunters (CC) | | Ghost Hunters (CC) | | Ghost Hunters (N) | | Ghost Mine (N) | | Ghost Hunters (CC) | | Ghost Mine | | ★★ "The Haunting in Connecticut" (CC) | | | |
| TBS 36 57 | Friends | Friends | Cougar | King | King | Seinfeld | Seinfeld | Seinfeld | Fam. Guy | Big Bang | Big Bang | Big Bang | Big Bang | Big Bang | Conan (CC) | | Office | Office | Conan (CC) | | "Nothing to Lose" | |
| TCM 76 53 | ★★★ "Two for the Seesaw" | | | ★★★ "The Night of the Iguana" (1964) (CC) | | | | | ★★★★ "All Quiet on the Western Front" (1930) | | | | | ★★★ "Imitation of Life" (1934, Drama) | | | | "Bride of Frankenstein" (1935) | | | "Bright Victory" | |
| TLC 43 45 | Toddlers & Tiaras | | Toddlers & Tiaras | | Toddlers & Tiaras | | Toddlers & Tiaras | | Toddlers & Tiaras | | Toddlers & Tiaras | | Cheer Perfection (N) | | Toddlers & Tiaras | | Cheer Perfection | | Toddlers & Tiaras | | Toddlers & Tiaras | |
| TNT 37 59 | Castle (CC) | | Castle (CC) | | Castle (CC) | | Castle "Last Call" | | Castle "Pandora" | | Castle "Linchpin" | | Castle (CC) | | CSI: NY (CC) | | CSI: NY (CC) | | Cold Case (CC) | | The Closer (CC) | |
| TOON 42 38 | MAD | Adven | Adven | Adven | Gumball | Gumball | Gumball | NinjaGo | Dragons | Incred | 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 | Bggg | Bggg | Bggg | Bggg | Street Eats (N) (CC) | | Fried Chicken Para | | Bggg | Bggg | Street Eats (CC) | | Fried Chicken Para | |
| TRUTV 52 63 | Vegas | Vegas | Vegas | Vegas | Cops | Cops | World's Dumbest... | | Full Throttle Saloon | | Full Throttle Saloon | | Lizard | Lizard | Black Gold (N) | | Full Throttle Saloon | | Full Throttle Saloon | | Lizard | Lizard |
| TVFN 56 31 | Contessa | Contessa | Paula | Pioneer | Diners | Diners | Restaurant: Im. | | Restaurant: Im. | | Restaurant: Im. | | Bobby's Dinner Bat | | Restaurant: Im. | | Restaurant: Im. | | Bobby's Dinner Bat | | Restaurant: Im. | |
| TVLND 47 39 | Griffith | Griffith | Griffith | Griffith | M*A*S*H | M*A*S*H | M*A*S*H | M*A*S*H | Raymond | Raymond | Raymond | Raymond | Cleve | Divorced | Cleve | Divorced | King | King | Cleve | Divorced | King | King |
| 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 (CC) | | NCIS (CC) | | NCIS (CC) | | NCIS "Freedom" | | NCIS "Rekindled" | | NCIS (CC) (DVS) | | Necess. Rough | | White Collar (CC) | | CSI: Crime Scene | | Necess. Rough | | House (CC) | |
| VH1 39 76 | Tiny Tonight! V | | Women in Music | | Women in Music | | Women in Music | | Women in Music | | Women in Music | | Making Mr. Right (N) | | ★★★ "Beverly Hills Cop" (1984) Eddie Murphy. | | | | | Mob Wives (CC) | | Mr. Right |
| WE 30 | Rose. | Rose. | Ghost Whisperer | | Charmed (CC) | | Charmed (CC) | | Fix My Family | | Fix My Family | | Fix My Family (N) | | Fix My Family | | Fix My Family | | To Be Announced | | | |
| WGN 16 18 | Walker, Tex. Ranger | | Law Order: CI | | Chris | Chris | Funny Home Videos | | Rules | Rules | Rules | Rules | WGN News at Nine | | Funny Home Videos | | Rules | Rules | 30 Rock | Scrubs | 30 Rock | Sunny |

## THURSDAY PRIMETIME/LATE NIGHT — FEBRUARY 7, 2013

| Station | 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 |
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| **BROADCAST STATIONS** | | | | | | | | | | | | | | | | | | | | | | |
| PBS KUSD 2 8 2 | Arthur (CC) (DVS) | WordGirl (CC) (DVS) | Wild Kratts (N) (CC) | The Electric Company | Martha Speaks | Nightly Business Report | PBS NewsHour (N) (In Stereo) (CC) | | On Call | | Dakota Life | Images of the Past | Call the Midwife Search for a missing baby. (CC) | | As Time Goes By (CC) | BBC World News | Charlie Rose (N) (In Stereo) (CC) | | Tavis Smiley (N) (CC) | Roadtrip Nation (CC) | Lifecasters Wayne Kramer; Sheri Williams. (CC) (DVS) | |
| KTIV 4 4 4 | Cash | Cash | Ellen DeGeneres | | News 4 | News | News 4 | Ent | Commun | Parks | Office | 1600 | Do No Harm (N) | | News 4 | Jay Leno | | Jimmy Fallon | | Daly | News 4 | Extra (N) |
| NBC KDLT 5 5 5 | The Doctors (In Stereo) (CC) | | Judge Judy (N) (CC) | Judge Judy (N) (CC) | KDLT News (N) (CC) | NBC Nightly News (N) | KDLT News (N) (CC) | The Big Bang Theory | Community "History 101" | Parks and Recreation | The Office (N) (CC) | 1600 Penn (N) (CC) | Do No Harm Dr. Jordan becomes suspicious. (N) (CC) | | KDLT News (N) (CC) | The Tonight Show With Jay Leno (N) (In Stereo) (CC) | | Late Night With Jimmy Fallon (N) (In Stereo) (CC) | | Last Call With Carson Daly | According to Jim (CC) | Paid Program |
| KCAU 9 6 9 | Dr. Phil (CC) | | The Dr. Oz Show | | News | ABC | News | Inside | Shark Tank | | Grey's Anatomy (N) | | Scandal (N) (CC) | | News | Jimmy Kimmel Live | | Nightline | My Pillow | Inside | ABC World News | |
| CBS KELO 11 3 11 | Dr. Phil (In Stereo) (CC) | | The Dr. Oz Show (In Stereo) (CC) | | News | CBS Evening News | News | Entertainment Tonight (N) | The Big Bang Theory | Two and a Half Men (N) | Person of Interest "One Percent" (N) (In Stereo) (CC) | | Elementary Watson fears for Sherlock's sobriety. (N) (CC) | | News | Late Show With David Letterman Actress Sally Field. (N) | | The Late Late Show With Craig Ferguson (N) (In Stereo) (CC) | | News | omg! Insider (N) (CC) | Up to the Minute (N) |
| ABC KSFY 13 7 13 | Jeopardy! (N) (CC) | Be a Millionaire | The Ellen DeGeneres Show Emeli Sandé performs. (N) | | KSFY News at 5 in HD | ABC World News | KSFY News at 6 in HD | Wheel of Fortune (N) (CC) | Shark Tank A three-in-one nail polish. (In Stereo) (CC) (DVS) | | Grey's Anatomy The hospital staff faces new policies. (N) | | Scandal David learns the truth about Cytron. (N) | | KSFY News at 10 in HD | Jimmy Kimmel Live (N) (In Stereo) (CC) | | Nightline (N) (CC) | Paid Program | Extra (N) (CC) | Sleep Like A Baby! | Paid Program |
| KMEG 14 13 6 | The Doctors (CC) | | Jdg Judy | Jdg Judy | KMEG 14 | CBS | Jeopardy | Wheel | Big Bang | Two Men | Person of Interest | | Elementary (N) (CC) | | News | Letterman | | Ferguson | | Paid | Paid | Minute |
| FOX KTTW 21 9 7 | Steve Harvey (In Stereo) (CC) | | Anderson Live (In Stereo) (CC) | | America's Funniest Home Videos Using yo-yos. (CC) | | How I Met Your Mother | How I Met Your Mother | American Idol Contestants are eliminated. (N) (CC) | | Glee "Diva" Kurt confronts Rachel. (N) (CC) (DVS) | | The Office (CC) | The Office "Baby Shower" | Dish Nation (N) (CC) | Friends (CC) | Friends (CC) | Baggage (CC) | Maury Unexpected, shocking paternity results. (CC) | | Excused (N) (CC) | Excused (CC) |
| KLKN | The Dr. Oz Show | | Dr. Phil (CC) | | News | ABC | News | Ent | Shark Tank | | Grey's Anatomy (N) | | Scandal (N) (CC) | | News | Jimmy Kimmel Live | | Nightline | Katie (CC) | | ABC World News | |
| KOLN | Ellen DeGeneres | | First Four | Jeopardy | 10/11 | CBS | News | Wheel | Big Bang | Two Men | Person of Interest | | Elementary (N) (CC) | | News | Letterman | | Ferguson | | PrepZone | Inside | Minute |
| KPTH | The People's Court | | Maury (N) (CC) | | Big Bang | Two Men | Big Bang | Two Men | American Idol (N) | | Glee "Diva" (N) | | News | 30 Rock | Office | Office | 30 Rock | Mother | Mother | Paid | Friends | American |
| KSCB 97 | Jakes | Winston | Mission | Gary | Guillermo | Creflo D. | Jesus | J. Hagee | Parsley | Joni | Marcus and Joni | | Blessed | Kolenda | Reflec | Copeland | Life To | J. Meyer | Marcus and Joni | | Joni | Blessed |
| KSIN 99 12 | Arthur | Martha | Wild | WordGirl | Curious | PBS NewsHour (N) | | Blue | Antiques Roadshow | | Death in Paradise | | Doc Martin (CC) | | Business | Keep Up | MI-5 (CC) | | (Off Air) | | | |
| KXNE 8 | Curious | Super | Arthur | WordGirl | Wild | Electric | PBS NewsHour (N) | | Big Red Wrap-Up | | Antiques Roadshow | | Masterpiece Mystery! | | | Stories | Big Red Wrap-Up | | (Off Air) | | | |
| **PAY CHANNELS** | | | | | | | | | | | | | | | | | | | | | | |
| HBO 17 401 | "The Eagle" (CC) | ★ "This Means War" (2012) Reese Witherspoon. (In Stereo) | | | ★★★ "X-Men: First Class" (2011) James McAvoy. The early years of Charles Xavier and Erik Lehnsherr. | | | | | ★★★ "Chronicle" (2012) Dane DeHaan. (In Stereo) (CC) | | | Girls (CC) | Enlightened | Cathouse: Menage a Trois (CC) | | ★★ "The Eagle" (2011, Action) Channing Tatum, Jamie Bell. (In Stereo) (CC) | | | | REAL Sports With Bryant Gumbel | |
| HBO2 | ★★ "Gossip" (CC) | | "About Face" | | "Hemingway & Gellhorn" (2012) Clive Owen. (In Stereo) (CC) | | | | | | ★★★ "The Five-Year Engagement" (CC) | | | | "A Very Harold & Kumar 3D Christmas" | | | | ★★ "Transit" (2012) (CC) | | | Battle |
| MAX 420 | "Don Juan" | ★★ "The Art of War" (2000) Wesley Snipes, Anne Archer. (In Stereo) (CC) | | | | ★★ "Taking Lives" (2004) Angelina Jolie. (In Stereo) (CC) | | | ★★ "The Running Man" (1987) Arnold Schwarzenegger. (In Stereo) (CC) | | | | ★★★ "Die Hard 2" (1990, Action) Bruce Willis, Bonnie Bedelia. (In Stereo) (CC) | | | | "Birthday Sex" (2012) Young girls celebrate their special day. | | | ★★ "Phantasm II" (1988) James LeGros. (In Stereo) (CC) | | |
| MAX2 | ★★★ "Arachnophobia" (CC) | | | ★★ "Arthur" (2011) Russell Brand. (CC) | | | | ★★★ "Napoleon Dynamite" | | | ★★ "American Wedding" | | | Lingerie | Lingerie | ★★★★ "L.A. Confidential" (1997) Kevin Spacey. | | | | | "Silence-Lambs" | |
| SHOW 18 435 | ★★★ "Little Fish" (2005) Cate Blanchett. | | | | ★★ "Die Another Day" (2002) Pierce Brosnan. (CC) | | | | | "I Will Follow" (2010) (CC) | | | Chocolate Sundaes | | Gigolos | Gigolos | 60 Minutes Sports | | ★★ "Piranha" (2010) (CC) | | | Suicide |
| SHOW2 | ★★★ "The Game" (1997) (In Stereo) | | | | "Eternal Sunshine of the Spotless Mind" | | | | Episodes | Episodes | ★★ "Blitz" (2011) (In Stereo) | | | ★★★ "The Big Lebowski" (1998) (CC) | | | | ★★★ "The Thin Blue Line" (1988) (CC) | | | | Step |
| TMC | "Breaking Up Is Hard to Do" (2010) (CC) | | | | ★★★ "Brokeback Mountain" (2005) (CC) | | | | ★★★ "Knucklehead" (2010) (CC) | | | | ★★★ "Reservoir Dogs" (CC) | | | ★★★ "The Help" (2011) Viola Davis. (In Stereo) | | | | | ★★ "Barbershop" | |
| **CABLE STATIONS** | | | | | | | | | | | | | | | | | | | | | | |
| A&E 57 41 | The First 48 (CC) | | The First 48 (CC) | | The First 48 (CC) | | The First 48 (CC) | | The First 48 (CC) | | First 48: Missing | | Beyond Scared Straight (N) | | First 48 | | The First 48 (CC) | | First 48: Missing | | Beyond Scared | |
| AMC 41 54 | ★★★ "Braveheart" (1995, Historical Drama) Mel Gibson, Sophie Marceau. (CC) | | | | | | | | ★★ "Demolition Man" (1993) Sylvester Stallone. | | | | | ★★ "Constantine" (2005) Keanu Reeves. (CC) | | | | | ★★★ "Enter the Dragon" (1973) (CC) | | | |
| ANPL 19 43 | The Haunted (CC) | | K-9 Cops (CC) | | Law on the Border | | Alaska Wildlife | | North Woods | | North Woods Law | | North Woods Law | | North Woods Law | | North Woods Law | | North Woods | | Alaska Wildlife | |
| BRAVO 25 55 | Shahs of Sunset | | Shahs | Shahs of Sunset | | Shahs of Sunset | | Shahs of Sunset | | Shahs of Sunset | | Shahs | Kathy (N) | | Happens | Housewives/Atl. | | Shahs of Sunset | | Kathy | | Happens |
| CMTV 38 77 | Teen | Rose. | Rose. | Rose. | Reba | Reba | Reba | Reba | Reba | Reba | Yes, Dear | Yes, Dear | Yes, Dear | Yes, Dear | Redneck Vacation | | Redneck Vacation | | Swamp Pawn | | Swamp Pawn | |
| CNBC 53 52 | Closing Bell | | Fast Money (N) | | Mad Money (N) | | The Kudlow Report | | ★★★ "The Pixar Story" (2007) | | | | American Greed | | Mad Money | | ★★★ "The Pixar Story" (2007) | | | | 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 | Sunny | Sunny | Work. | Tosh.0 | Sunny | Sunny | Daily | Colbert | Tosh.0 | Tosh.0 | Daily | Colbert | Futurama | Brickle. |
| CSPAN 49 17 | Public Affairs | | Public Affairs | | | | | | Capitol Hill Hearings | | | | | | | | | | Capitol Hill Hearings | | | |
| DISC 34 44 | Shipwreck Men | | Property | Property | Property | Property | Moonshiners (CC) | | Moonshiners (CC) | | Property | Property | Property | Property | Property | Property | Property | Property | Moonshiners (CC) | | Property | Property |
| DISN 64 36 | ANT | Dog | Dog | Dog | Good | Jessie | Good | Dog | ★★★ "Cars" (2006) (In Stereo) (CC) | | | | Gravity | Good | Gravity | Shake It | Wizards | Wizards | Deck | Deck | Good | Good |
| DISXD 65 103 | Phineas | Kickin' It | ★★ "Chicken Little" (2005) | | | Phineas | Ninja | Kings | Wizards | Suite Life | Suite Life | Suite Life | Suite Life | Suite Life | Phineas | Suite Life | Fish | Fish | Buttowski | Buttowski | Fish | Kid |
| E!TV 51 62 | ★ "Georgia Rule" | | Kourtney-Kim | | Chasing | Chasing | E! News (N) | | The Soup | Love You | Fashion Police | | Kourtney-Kim | | Chelsea | E! News | | Chelsea | Kourtney-Kim | | Kourtney-Kim | |
| ENC 480 | ★★ "Waterworld" (1995) Kevin Costner. | | | | ★★ "The Jackal" (1997) Bruce Willis. | | | | North and South (CC) | | | ★ "Cold Creek Manor" (2003) (In Stereo) | | | | ★★ "To Live and Die in L.A." (1985) | | | | | ★★ "Texas Killing Fields" | |
| ESPN 28 24 | NFL Live (N) (CC) | | Around | Pardon | SportsCenter (N) | | College Basketball Teams TBA. (N) (Live) | | | | College Basketball Teams TBA. (N) (CC) | | | | SportsCenter (N) | | SportsCenter (N) | | SportsCenter (N) | | SportsCenter (N) | |
| ESPN2 29 25 | SportsNation (N) | | NFL32 (N) (CC) | | Around | Pardon | College Basketball Teams TBA. (N) (Live) | | | | College Basketball Teams TBA. (N) (Live) | | | | College Basketball | | | | Basket | NFL Live (N) (CC) | | Nation |
| EWTN 74 65 | Rosary | Divine | Truth in | Living Right | | Chris | Daily Mass | | World Over Live | | Crossing | Rosary | Life on the Rock | | Defend | Women | Daily Mass | | World Over Live | | Octava | Servant |
| FAM 62 40 | '70s | '70s | '70s | '70s | Funny Home Videos | | ★★ "Ramona and Beezus" (2010) | | | | ★★★ "Matilda" (1996) Mara Wilson. | | | | The 700 Club (CC) | | Prince | Prince | Paid | Paid | Paid | Paid |
| FX 23 56 | Mother | Mother | Mother | Two Men | Two Men | ★★ "Tron: Legacy" (2010) Jeff Bridges. | | | | | Anger | Anger | Archer | Legit (N) | Biased | BrandX With | | Archer | Legit | Biased | BrandX With | |
| 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 | Game | Fame | Courtside | The Best of Pride | | UFC | Wild Live | NHL Hockey Vancouver Canucks at Minnesota Wild. | | | | | Wild Live | Due | Roads | World Poker Tour | | NHL Hockey: Canucks at Wild | | | Due |
| GOLF 55 310 | PGA Tour Golf | | | | Central | PGA Tour Golf | | | | | | PGA Tour Golf | | | | | | Central | 19th Hole | Central | 19th Hole | Central |
| 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 | Buying and Selling | | Buying and Selling | | Selling | Selling | Hunt Intl | Hunters | Hawaii | Hawaii | Extreme Homes | | Hunters | Hunt Intl | Hunters | Hunt Intl | Extreme Homes | | Hunters | Hunt Intl | Hunters | Hunt Intl |
| HIST 46 47 | Swamp People | | Swamp People | | Swamp People | | Swamp People | | Swamp People | | Swamp People | | Swamp People | | Larry the Cable Guy | | Swamp People | | Swamp People | | Swamp People | |
| KAUN 15 22 | Movin' On "Fraud" | | Naked City | | Cross | Cross | Hopalong | McCoys | Campbell | Ozzie | Highway to Heaven | | The Saint | | Route 66 | | Da Vinci's Inquest | | Cold Case Files | | Cold Squad (CC) | |
| 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 (CC) | | Kojak | | Gallery | Mission: Impossible | |
| LIFE 58 29 | Wife Swap (CC) | | Project Runway | | Project Runway | | Project Runway | | Project Runway | | Project Runway "Surprise Me" | | | Double | To Be Announced | | Project Runway | | Project Runway "Surprise Me" | | | Double |
| 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 | House of Anubis (N) | | Full H'se | Full H'se | Nanny | Nanny | Friends | Friends | Friends | Friends | George | George Lopez (CC) | | George |
| RFDTV 131 | Toy Train | Agricult. | Shotgun | Rogers | Quilt | Virginia | Gaither Gospel Hour | | Larry's Diner | | Farming | Big Deal | SFP Live (N) | | Perform. | Magnus | Brazil Ag | Reporter | Paid | Paid | Toy Train | Agricult. |
| SOAP 120 | Beverly Hills, 90210 | | Veronica Mars (CC) | | Veronica Mars (CC) | | 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 | Hot Rod | Chop Cut | Gearz | NASCAR Race Hub | | PassTime | PassTime | Car Warriors | | Wrecked | Wrecked | Pinks | Pinks | Car Warriors | | Wrecked | Wrecked | Pinks | Pinks | Unique Whips | |
| SPIKE 30 60 | Police Videos | | Police Videos | | Police Videos | | Police Videos | | iMPACT Wrestling (N) (In Stereo) (CC) | | | | Bellator MMA Live (N) (In Stereo Live) | | | | Bellator MMA Live (In Stereo) | | | | Bellator 360 | |
| STARZ | Reign | ★★ "Mindhunters" (2004) LL Cool J. | | | | ★★ "Hysteria" (2011) Hugh Dancy. (CC) | | | | ★★★ "The Girl With the Dragon Tattoo" (2011) | | | | | Spartacus: War | | ★★ "Van Helsing" (2004) (In Stereo) | | | | "Freddy vs. Jason" | |
| SYFY 44 46 | ★ "P2" (2007) | | Being Human | | Total | ★★ "The Dead" (2010, Horror) Rob Freeman. (CC) | | | | | ★★ "The Hills Have Eyes" (2006) Aaron Stanford. | | | | | ★ "The Hills Have Eyes 2" (2007, Horror) | | | | ★ "Furnace" (2006) Ja Rule | | |
| TBS 36 57 | Friends | Friends | Cougar | King | King | Seinfeld | Seinfeld | Seinfeld | Fam. Guy | Fam. Guy | Big Bang | Big Bang | King of the Nerds | | Conan (N) (CC) | | King of the Nerds | | Conan (CC) | | ★★★ "Scream 2" | |
| TCM 76 53 | "Big Deal on Madonna Street" | | | ★★★★ "I Compagni" (1963) Marcello Mastroianni. | | | | | ★★★ "Anne of the Thousand Days" (1969) (CC) | | | | | ★★★★ "The Sting" (1973) Paul Newman. (CC) | | | | | ★★★★ "The Deer Hunter" (1978, War) | | | |
| TLC 43 45 | Four Weddings | | Medium | Medium | Medium | Medium | Cake | Cake | Say Yes | Say Yes | Say Yes | Say Yes | What Not to Wear | | Say Yes | Say Yes | What Not to Wear | | Say Yes | Say Yes | Cake | Cake |
| TNT 37 59 | The Mentalist (CC) | | The Mentalist (CC) | | The Mentalist (CC) | | NBA Tip-Off (CC) | | NBA Basketball: Lakers at Celtics | | | | | NBA Basketball Chicago Bulls at Denver Nuggets. (N) | | | | | Inside the NBA (N) | | The Closer (CC) | |
| TOON 42 38 | MAD | Gumball | Gumball | Adven | Adven | Regular | Regular | Annoying | Incred | Regular | King/Hill | King/Hill | American | American | Fam. Guy | Fam. Guy | News | Delocate | Squidbill. | American | American | Fam. Guy |
| TRAV 24 42 | Bizarre Foods | | Food | Food | Bizarre Foods | | Food | Food | Mysteries-Museum | | Mysteries-Museum | | Mysteries-Museum | | Mysteries-Museum | | Mysteries-Museum | | Mysteries-Museum | | Mysteries-Museum | |
| TRUTV 52 63 | World's Dumbest... | | World's Dumbest... | | Cops | Cops | World's Dumbest... | | World Records | | Jokers | Jokers | Jokers | Jokers | World's Dumbest... | | World Records | | Jokers | Jokers | Jokers | Jokers |
| TVFN 56 31 | Contessa | Contessa | Cooking | Trisha's | Chopped | | Sweet Genius | | Restaurant Stakeout | | Anne Burrell | | Anne Burrell | | Rachael v. Guy | | Anne Burrell | | Anne Burrell | | Rachael v. Guy | |
| 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 | Hot in Cleveland | | Cleve | Divorced | Divorced | King |
| 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 (CC) (DVS) | | NCIS "Tell-All" | | NCIS "Two-Faced" | | NCIS (CC) (DVS) | | NCIS "Endgame" | | NCIS "Power Down" | | Suits "He's Back" | | Necess. Rough | | Law & Order: SVU | | Suits "He's Back" | | "Second-Comm." | |
| VH1 39 76 | Love & Hip Hop | | Black Ink Crew | | Black Ink Crew | | Black Ink Crew | | ★★★ "Beverly Hills Cop" (1984) Eddie Murphy. | | | | | ★★ "Beverly Hills Cop II" (1987) | | | | Uprising: Hip Hop, LA Riots | | | Black Ink Crew | |
| WE 30 | Rose. | Rose. | Ghost Whisperer | | Charmed (CC) | | Charmed (CC) | | Mary Mary | | Mary Mary (N) | | Mary Mary | | Mary Mary | | Mary Mary | | To Be Announced | | | |
| 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 |

# Media

From Page 6B

sion With Technology and Overcoming its Hold On Us." He says increasingly, he sees people becoming more anxious about the time they have to devote to checking in with their technology.

"Some are opting to let go of it all, which fails miserably within 24 hours or so while others are learning to cut back. But it is difficult," Rosen said in an email. "There is always something more to read, a link to follow, a Like to click, a comment to make, a status update to post and so on."

Rosen says the Dopamine hit we get from positive online social interactions can lead to addiction. But, more often, Rosen said, we simply don't want to feel left out. So we check in. And check in. And then it's 2 a.m. and where did the time go?

Quitting cold turkey as Flaugher has done may be impossible for some, especially those who are required to use social media in their jobs or in school. But Rosen believes that training the brain through short "Tech breaks" can help.

The way they work: "You start by checking in with your technology — mostly communications and social media — for a minute, and then turn off those websites on your computer and silence your phone," Rosen said.

You set a visible alarm out for 15 minutes before you can get back online. Then repeat the process, increasing the break time from 15 to 20, then 30 minutes.

Feel like a meth-addicted lab rat, much? Rosen says the process works. "I am using this in classrooms, restaurants, board meetings, family dinners, anywhere that people self-interrupt to constantly check in with their social worlds."

This may be the year of the Social Media Break. Or lots of breaks, extended vacations and break-ups with social media.

Flaugher so far feels deep relief since quitting. "Within minutes of deactivating my accounts, I started feeling the stress of having those connections gone," she said. She plans to write a book about the experience over the next year.

And then?

She said, "I'm not sure I'll ever go back."

# 30 Rock

From Page 5B

to learn that she was actually the class bully, who routinely cut down students with hurtful comments. It's a mean side of Liz we hadn't seen before, and fortunately, Jack foils an attempt by Liz's enemies to "Carrie" her. ("Reunion"; Season 3, Episode 5).

**8. The world through Kenneth's eyes —** Jack is in a rueful mood as his 50th birthday nears. After watching some old home movies sent by his mother, Jack yearns to recapture the joy and innocence he felt as a child. Along those lines, he wonders what it's like to view the world through Kenneth's eyes. As it turns out, our naive young page sees everyone as a singing Muppet. It's a perfect blend of sweetness and humor. ("Apollo, Apollo"; Season 3, Episode 16).

**9. Jenna and "the chunk" —** After devouring too much pizza while starring in the "Mystic Pizza" musical on Broadway, Jenna gains some substantial weight. But instead of being a career-killer, it brings her the fame she has always craved and lands her an endorsement deal for a popular brand of perfume for plus-size women. She's even being considered for the role of Ms. Pac-Man in the live-action version of the video game. The moral? Embrace "the chunk." ("The Collection"; Season 2, Episode 3).

**10. Some astute advice —** Tracy often saw himself as a mentor to Kenneth. Early on, he offered him a bit of advice "I wish I would have got when I was your age." His words of wisdom? "Live every week like it's Shark Week." Of all the many quotable lines that "30 Rock" gave us over the years, this may have been the most memorable — and most uplifting. ("Jack the Writer"; Season 1, Episode 4).

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