# Comprehensive, free online tool available to check on personal heart health profile

There's good news for those feeling the pressure to know more about high blood pressure and heart disease.

Nearly one in three adults has high blood pressure. Because the condition has no warning signs or symptoms, it's important to know your risk factors.

High blood pressure management is imperative to reduce the incidence of coronary heart disease -- the single-largest killer of Americans.

Fortunately, a free online tool has been created that offers information and ways to create a personal heart health profile to let you know your personal treatment options.

The tool, Heart Profilers, includes an integrated index of medical terminology to ensure that patients understand their condition and all treatment options. The tool can also connect interested patients, at their request, to nearby clinical trials so that they learn about qualifying for experimental treatment programs.

While anyone can develop high blood pressure, regardless of race, age or gender, it is possible to prevent and control high blood pressure by taking steps. They include maintaining a healthy weight, being physically active, following a healthy eating plan that emphasizes fruits and vegetables and low-fat dairy foods, and choosing and preparing food with less salt and sodium.

Approximately 70 percent of people who have a first heart attack and nearly 80 percent who have a first stroke have blood pressures higher than 140/90 mm Hg. A 10 percent decrease in blood pressure levels may result in an estimated 30 percent reduction in the incidence of coronary heart disease.

"Heart Profilers helps patients assess their risk for heart disease and offers them a list of treatment options," said Dr. Clyde Yancy, associate professor of medicine/ cardiology at the University of Texas Southwestern Medical Center.

"It's a major advance in online technology," he said, "that has the potential to change the way patients and physicians interact with each other."

Besides high blood pressure, Heart Profilers also covers cholesterol, atrial fibrillation, heart failure and coronary artery disease. For more information, visit americanheart.org/heart profilers.

The American Heart Association also has a detailed site dedicated to high blood pressure. To subscribe to a monthly newsletter that provides updates on managing this condition, visit americanheart.org/hbp.

(NAPS)

# Tales from the Police Blotter

**(Editor's Note: Factual information for 'Blotter' is provided by official law enforcement agencies. All persons listed are innocent until proven guilty in a court of law. Charges can be amended or dismissed.)**

* * *

**Friday, Dec. 15**

*It was believed that a bear was responsible for a broken mailbox post and overturned trashcan on Idlewild Drive, but that a person could be, too.

*Another caller from Idlewild Drive reported his mailbox open and mail scattered everywhere. He thought it might have been the wind.

*In the 3000 block of Rockydale Road, a man said that his mailbox had been smashed outright. Damage was estimated at $15.

*In Downtown Cave Junction a woman said that a spotted, white pit-bull "went after" her daughter. Animal Control was notified, but had no address at which to contact the dog's owner.

*A disturbance on W. River Street reported just after 10 p.m. resulted in much yelling and screaming, a felled Christmas tree and shattered ornaments. Both parties agreed to remain in separate rooms for the evening.

**Saturday, Dec. 16**

*People were being good for Santa?

**Sunday, Dec. 17**

*A woman on Honeybee Lane said that a large animal was kicking around on her porch just after 2 a.m. She was advised to turn on the light to scare it away.

*Former tenants were believed to have damaged a residence on Dogwood Lane, a property manager reported.

*A woman stated that her boyfriend had strangled, punched, and threatened to kill her. Subsequently, Jeremy L. Whyte, 22, was arrested on charges of fourth-degree domestic assault and menacing. He was lodged in Josephine County Jail.

*Some sort of commotion over the alleged theft of a vehicle took place in the 27000 block of Redwood Hwy.

**Monday, Dec. 18**

*At 2:37 a.m. loud music from his neighbor's house was disturbing a Honeybee Lane resident.

*Theft of a 50cc four-wheeler valued at $1,800 from Dave's Outdoor Power Equipment was reported.

*A rural Cave Junction woman reported her 17-year-old daughter as a runaway.

*On W. Schumacher a man phoned just after 2 p.m. to say that some kids threw rocks at him and his pregnant wife. He was unsure if his wife had been hit, as he was busy yelling at the kids.

*An Airport Drive resident reported hearing 10 bomb-like "shots," and then a loud roaring sound. She could see either fog or smoke, but did not know which it was.

*Loud noises like fighting or yelling could be heard coming from behind the open-air stage (often mistakenly called an amphitheater) at Jubilee Park, said a caller at 7:15 p.m.

*A woman expressed concern for a man on White Schoolhouse Road, who said that he was going to make a "journey" with a dozen other men, women and children to Mexico on foot. She requested a deputy check on his welfare.

*Although a fight was reported to have broken out on the Shop Smart parking lot around 8 p.m., a thorough check of the area turned up no participants or victims.

*Matthew Miller, 19, was cited in Downtown Cave Junction at 8:44 p.m. on a charge of minor in possession of alcohol.

**Tuesday, Dec. 19**

*A loud television was complained about on Honeybee Lane at 2:16 a.m.

*Some $9,000 worth of photovoltaic equipment and the wheelbarrow presumably used to cart it away were reported stolen from a shed on Brown Road.

*A young woman on Schumacher Street said that her mother had grabbed her by the hair and tried to hit her. The complainant left for a friend's house.

*Because he was "known to be violent," store personnel would not approach a man who was reportedly making customers nervous in a CJ business around 3:30 p.m. The caller wanted him warned about his actions.

*No crime had been committed, though a woman on Lone Mountain Road said that she'd been attacked by a man, who elected to spend the night elsewhere.

*At 10:35 p.m., the man from Lone Mountain Road had returned, a woman advised. He'd been drinking, she said, and was pounding on the door. All was deemed "Code 4" when a deputy checked. The parties had worked out their differences.

**Wednesday, Dec. 20**

*Attempted burglary was reported at the U.S. Forest Service/Illinois Valley Ranger Station compound at 9:22 a.m.

*Several persons contacted in the 2000 block of Illinois River Road were warned for failure to extinguish their campfire.

*Some young people who were said to be "up to no good" around 8:30 p.m. were the likely cause of an overturned dumpster on S. Junction Avenue.

**Thursday, Dec. 21**

*A deputy "extensively searched" an area around S. Old Stage Road and Addison Lane after a caller reported hearing a woman scream and someone else seen running around 2 a.m. Nothing amiss was found.

*Two people claiming to have a flat tire on Laurel Road left soon after they were informed that law enforcement would be summoned to assist them, a caller said.

*On Lamont Way a 15-year-old boy was said to have attacked his sister with a metal chair. He eventually calmed down, and went to a friend's house.

*A deputy couldn't locate the source of loud music and hammering said to be coming from an E. River Street garage around 10 p.m.

**Saturday, Dec. 23**

*All was secure and no reason could be found for an alarm at Bi-Mor Tobacco Outlet on N. Redwood Hwy. at 2:16 a.m.

*Someone threw an egg at a house on Schumacher Street, it was reported at 2:36 a.m.. The resident said that when he went to chase away the culprits, they threw rocks at him. He also requested a deputy come investigate damage to his vehicle.

*A possibly intoxicated man in a flannel shirt (and trousers, likely) attempted to enter a residence on Schumacher Street at 5:43 a.m. The caller stated that he would shoot the man if he made it through the door. When checking the area, a deputy could not locate the man.

*A girl on S. Junction Avenue said that two others were harassing her over a fence.

*On Hogue Drive a woman complained about a 17-year-old who was trying to pick a fight with her and her husband. She stated that this is a continuing problem.

**Monday, Dec. 25**

*Damage to outdoor Christmas decorations was reported on Kerby Street at 8:21 a.m.

*Hazardously high water was reported on several roadways in Illinois Valley this morning.

*It appeared that some people were itching for a fight after a motor vehicle accident on W. River Street near Redwood Hwy. at 3:40 p.m.

*A Kerby resident phoned at 5:48 p.m. to report a fight at his residence. Then a woman came on the line and stated that everything was "OK," and law enforcement was no longer needed.

*Someone in a white passenger vehicle crashed through a fence on Deer Creek Road just before 11 p.m., but the driver could not be located.

*Gunshots and yelling were heard in the 8000 block of Caves Hwy. around 11 p.m.

**Tuesday, Dec. 26**

*A dog owner on Frederick Court said that when her pet returned from outside, his nose and mouth were bloodied, as though someone had hit him.

*Though it was reported that an aggressive woman was being restrained from lunging at another person near Siskiyou Market at 2:30 p.m., by the time a deputy arrived from Wolf Creek, no one involved was around.

*A 72-year-old man on Caves Hwy. said that he'd been assaulted by two men, one of whom brought a baseball bat with which the victim fought back.

*In Downtown CJ, a service station employee thought it suspicious that a driver used wires to start his vehicle, which had a broken rear window.

*The party responsible for running into her vehicle did not want her to phone law enforcement, said a Selma woman at 6:30 p.m.

**PUBLIC NOTICE**

**TO WHOM IT MAY CONCERN**

NOTICE IS HEREBY GIVEN that the Josephine County Commissioners will conduct informal meetings with public officials, county department heads and employees, and other citizens, every legal day, Monday through Friday, with the exception of Wednesday, between the hours of 9:00 A.M. and 12:00 P.M. and 1:00 P.M. to 5:00 P.M., in Room 154 of the Josephine County Courthouse. On Wednesdays, the office hours are from 8:00 A.M. to 12:00 P.M. and 1:00 P.M. to 5:00 P.M. A daily schedule of all prearranged meetings will be posted each morning beginning at 8:00 A.M. from the Executive Secretary of the Board of Commissioners. The purpose of these meetings will be to gather information, discuss issues, and deliberate toward decisions concerning matters of public policy and concern. All interested persons may attend said meetings except those designated as "Executive Sessions." In addition, notice of advisory board and commission meetings are also posted in the Commissioners Office.

DONE and DATED this 22nd day of Jan. 2005.

JOSEPHINE COUNTY
BOARD OF
COMMISSIONERS
Dwight F. Ellis, Chair
Jim Raffenburg, Vice Chair
Jim Riddle, Commissioner
Approved:
Steve Rich
Josephine County
Legal Counsel

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## SUNDAY MORNING/AFTERNOON — JANUARY 7, 2007

| | 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 | 2:00 | 2:30 | 3:00 | 3:30 | 4:00 | 4:30 | 5:00 | 5:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 WTBS | (5:00) **Movie:** | **Movie:** ★★ "**Fire Birds**" (1990, Action) (PA) Nicolas Cage. | | | **Movie:** ★★½ "**Rumble in the Bronx**" (1995, Action) (PA) Jackie Chan. Anita Mui. | | | | **Movie:** ★★ "**Cradle 2 the Grave**" (2003, Action) (PA) Jet Li, DMX. Anthony Anderson. | | | | **Movie:** ★★½ "**Romeo Must Die**" (2000, Action) (PA) Jet Li. Asian and black gangsters vie for control of prime property. | | | | **Movie:** ★★★ "**Shanghai Noon**" (2000, Comedy) (PA) Jackie Chan, Owen Wilson, Lucy Liu. | | | | **Movie:** ★★ "**Rush Hour 2**" (2001, Action) (PA) Jackie Chan. | |
| 3 FOXFAM | **Paid Program** | **Paid Program** | **Family Matters** | **Family Matters** | **Step by Step** | **Step by Step** | **Full House** | **Full House** | **Boy Meets World** | **Boy Meets World** | **Grounded for Life** | **Grounded for Life** | **Sabrina-Witch** | **Sabrina-Witch** | **Movie:** ★★½ "**The Karate Kid**" (1984) Ralph Macchio. A Japanese handyman teaches a teenager to defend himself. | | | | **Movie:** ★★★ "**Top Gun**" (1986) Tom Cruise. A hot-shot Navy jet pilot downs MiGs and loves an astrophysicist. | | | | | |
| 4 KMVU | **Paid Program** | **Paid Program** | **Animal Atlas** | **Archie's Myst.** | **Fox News Sunday With Chris Wallace** | | **Columbia Country** | **Every-Raymond** | **According to Jim** | **Every-Raymond** | **According to Jim** | **Every-Raymond** | **Alias** "Breaking Point" (In Stereo) | | **Fox NFL Sunday** | **NFL Football**: NFC Wildcard -- Teams TBA. Time tentative. (In Stereo Live) | | | | | | | **Star Trek** "Friday's Child" (In Stereo) | |
| 5 KOBI | **Today** (In Stereo) | | **Babar** | **Dragon** | **Meet the Press** | | **Incredible Dog Challenge** From St. Louis. (N) (In Stereo) | | **Horse Racing** | | | **Bull Riding**: PBR Tour. Fort Pierce, Fla. (In Stereo) | **Latin on Ice** (N) (In Stereo) | | | | | | **Jane & the Dragon** | **Jacob Two Two** | **Da Vinci's Inquest** "The Ol' Coco Bop" | | **Chris Matthews** | **Nightly News** |
| 6 ESPN | **Sports-Center** | **Outside the Lines** | **Sports Reporters** | **Sports-Center** | **Sunday NFL Countdown** | | | | **PBA Bowling**: H&R Block Classic. Reno, Nev. (Live) | | | **Boxing** | **Boxing:** 2001 Augustus vs. Ward | | **Pro-Am Poker Equalizer** Las Vegas. | | | | **Pro-Am Poker Equalizer** Las Vegas. | | **SportsCenter** | | **College Football:** GMAC Bowl | |
| 7 KSYS | **Franny's Feet** | **Berens-tain Bears** | **Thomas & Friends** | **Mustard Pancakes** | **Dragon-flyTV** | **Saddle Club** | **Dr. Wayne Dyer: Inspiration -- Your Ultimate Calling** Dr. Wayne Dyer talks about inspiration and motivation. (In Stereo) | | | | | | | | **Jack Paar: Smart Television** (In Stereo) | | **McLaugh-lin Group** | **Religion-Ethics** | **Foreign Exchng** | **European Journal** | **Globe Trekker** (In Stereo) | | **Steves Europe** | **Oregon Art Beat** |
| 8 TBN | **Jentezen Franklin** | **Dr. David Jeremiah** | **Kenneth Hagin Jr.** | **Pastor Ed Young Sr.** | **The Coral Ridge Hour** | | **Love Worth Finding** | | **Bishop Evans** | **It Is Written** | **Bayless Conley** | **Paula White** | **The King Is Coming** | **Bishop P.** | **Cornerstone** | | **Rod Parsley** | **Gregory Dickow** | **Bishop T.D. Jakes** | **Joyce Meyer** | **Michael Youseff** | **Jack Hayford** | **Joel Osteen** | **Taking Authority** |
| 9 LIFE | **Paid Program** | **Paid Program** | **Dr. Frederick K. Price** | | **Robert Schuller: Hour of Power** | | **Paid Program** | **Health Corner** | **Will & Grace** | **Will & Grace** | **Movie:** "**Hunger Point**" (2003) A mother and her daughters are obsessed with their weight. | | | | **Movie:** "**An Unexpected Love**" (2003) A married woman falls in love with her female boss. | | | | **Movie:** ★★½ "**Beauty**" (1998, Drama) Janine Turner. A contemporary "Beauty and the Beast." | | | | **Movie:** ★★½ "**Miracle Run**" (2004, Drama) | |
| 10 KTVL | **Paid Program** | **American Latino TV** | **CBS News Sunday Morning** (In Stereo) | | | **Cake** | **NFL Today** Time tentative. (Live) | | **NFL Football**: AFC Wildcard -- Teams TBA. Time tentative. (Live) | | | | | | | **College Basketball**: Kansas at South Carolina. (Live) | | | | **Paid Program** | **Face the Nation** | **Dance Revolut.** | **CSI: Miami** "Extreme" (In Stereo) | |
| 11 NICK | **Rugrats** (In Stereo) | **Cats-cratch** | **All Grown Up** | **OddPar-ents** | **Jimmy Neutron** | **Jimmy Neutron** | **Sponge-Bob** | **Sponge-Bob** | **OddPar-ents** | **Mr. Meaty** Zombies. | **Avatar-Last Air** | **Kappa Mikey** | **Nicktoons TV** | **Nicktoons TV** | **Nicktoons TV** | **Nicktoons TV** | **Sponge-Bob** | **Sponge-Bob** | **Jimmy Neutron** | **Danny Phantom** | **OddPar-ents** | **Avatar-Last Air** | **Sponge-Bob** | **Drake & Josh** |
| 13 KDRV | **Home-owner** | **Paid Program** | **The Coral Ridge Hour** | | **Believer's Voice** | **Van Impe Pres** | **Good Morning America** | | **This Week-George Stephanopoulos** | | **House, Home** | **Fierce Goodbye: In the Shadow of Suicide** | **Hispanics Today** | | **Paid Program** | **Paid Program** | **Quest I: The Daron Rahlves Story** | | **Movie:** "**Crimes of Passion**" (1984) A woman has two jobs -- fashion designer and prostitute. | | | | **Oregon Basketball** | **Oregon-Smith** |
| 15 USA | **Coach** | **Coach** | **Paid Program** | **Changing-World** | **Ed Young Television** | **Joel Osteen** | **Monk** Monk races to find a stolen diamond. | | **Movie:** ★½ "**Aftershock: Earthquake in New York**" (1999, Action) Tom Skerritt, Sharon Lawrence, Charles S. Dutton. New Yorkers deal with a devastating earthquake. | | | | | | | | **Movie:** ★★ "**The Poseidon Adventure**" (2005, Adventure) Adam Baldwin, Rutger Hauer. Survivors aboard a capsized ship await their rescue. | | | | | **Movie:** ★★ "**10.5**" (2004) Kim Delaney. |
| 17 A&E | **Paid Program** | **Paid Program** | **Old House** | **Ask This Old House** | **Breakfast With the Arts** | | | | **Movie:** ★★★½ "**A Few Good Men**" (1992, Drama) Tom Cruise, Jack Nicholson. A Navy lawyer defends two Marines in a comrade's death. | | | | | | **Movie:** ★★★ "**The Firm**" (1993, Drama) Tom Cruise, Jeanne Tripplehorn. A law-school grad signs on with a sinister Tennessee firm. | | | | **Cold Case Files** | | | | **Cold Case Files** "The Black Dahlia" | |
| 18 HBO | **Movie:** ★★½ "**Cadence**" (1990) A GI joins five black prisoners against a corrupt sergeant. | | | | **Inside the NFL** (In Stereo) | | **Movie:** ★★ "**Star Wars: Episode I -- The Phantom Menace**" (1999) Young Anakin Skywalker begins to learn the Force. | | **Assume-Wuhl** | | | | **Movie:** ★★ "**First Daughter**" (2004) The president's daughter falls for a man at college. | | **Movie:** ★★½ "**The Family Stone**" (2005) Dermot Mulroney. 'PG-13' | | | **Movie:** "**King's Ransom**" (2005) A businessman plots his own kidnapping to foil his wife. 'PG-13' | | **"Star War I"** | |
| 19 SHOW2 | (5:00) **Movie:** "**Tomorrow Nvr**" | | **Movie:** ★½ "**Air Bud: Golden Receiver**" (1998) Kevin Zegers. | | | **Movie:** ★★★ "**The SpongeBob SquarePants Movie**" (2004) | | | **Movie:** "**On Golden Pond**" (1981) Old tensions resurface during a family's lakeside vacation. | | | | **Movie:** "**Blue Demon**" (2004, Suspense) Dedee Pfeiffer. | | | **Movie:** ★★½ "**Dreamscape**" (1984) Assassins dream up a plot to kill the president. | | | **Movie:** ★★ "**Plunkett & Macleane**" (1999) Robert Carlyle. (In Stereo) | | **Movie:** ★★ "**Only You**" (1992, Comedy) | |
| 21 SHOW | (5:25) **Movie:** ★★ "**Only You**" (1992) | | **Movie:** "**Bailey's Billions**" (2005, Comedy) Dean Cain. | | | **Movie:** ★★ "**Quicksilver**" (1986) Kevin Bacon. A destitute financier becomes a bicycle messenger. | | | **Movie:** ★★ "**White Water Summer**" (1987, Drama) Kevin Bacon. | | | | **Movie:** ★★ "**The Californians**" (2005, Comedy-Drama) Noah Wyle. | | | **Movie:** ★★★ "**The Portrait of a Lady**" (1996) Nicole Kidman. Marriage slowly erodes an independent woman's resolve. | | | **Movie:** ★★★ "**Maverick**" (1994) A conniving cardsharp heads for a high-stakes poker game. | | | |
| 22 MAX | (5:00) **Movie:** | | **Movie:** ★★½ "**Uncle Buck**" (1989, Comedy) An easygoing relative takes care of three children. | | | **Movie:** ★★½ "**The Ringer**" (2005, Comedy) Johnny Knoxville. 'PG-13' | | | **Movie:** ★★ "**Freejack**" (1992) Dead 1991 auto racer flees body snatcher in grim 2009. 'R' | | | | **Movie:** ★★½ "**The Transporter 2**" (2005) Jason Statham. 'PG-13' | | | **Movie:** ★½ "**Moving Violations**" (1985) John Murray. 'PG-13' | | **Movie:** ★★ "**Fire Down Below**" (1997, Action) Steven Seagal. 'R' | | **Movie:** ★★½ "**Just Like Heaven**" (2005) Reese Witherspoon. 'PG-13' | |
| 29 ESPCL | **College Football -- Game of the Week** Classic matchup. (N) | | | | | | **PBA Bowling**: 2006 Columbia 300 Classic. | | **Boxing** | | **Boxing** | | **Boxing:** 1990 Douglas vs. Tyson | | **Boxing:** 1991 Foreman vs. Holyfield | | **Boxing**: 1975 Muhammad Ali vs. Ron Lyle. May 16, 1975. | | **Boxing:** 1995 Bowe vs. Holyfield III | | **Boxing** | | **Movie:** ★★★ "**Rocky II**" (1979, Drama) | |
| 30 TRAV | **Great Hotels** | **Great Hotels** | **Passport to Europe** | **Passport to Europe** | **Destination: Oregon** Coffee shops. | | **Fantastic Houseboats** Luxurious water craft. | | **Great American Ranches** | | **Hidden Yellowstone** | | **Hidden Yosemite** | | **Secrets of Glacier National Park** | | **Secrets of Denali National Park** | | **Secrets of Alaska's National Parks** | | **Alaska Wide Open** | | **Alaska: Walk on the Wild Side** | |
| 34 AMC | (5:30) **Movie:** | | **Movie:** ★★★ "**Them!**" (1954) Agents race to investigate reports of giant, mutated ants. 'NR' | | | **Movie:** ★★★ "**Creature From the Black Lagoon**" (1954, Horror) Richard Carlson. 'G' | | | **Movies 101** | | **Sun. Shootout** | | **Movie:** ★★★ "**F/X**" (1986, Suspense) Agents hire a special-effects man to stage a fake mob hit. 'R' | | **Movie:** ★★★½ "**Blade Runner**" (1982) Harrison Ford. A 21st-century cop hunts down deadly runaway androids. 'R' | | | | | | **Movie:** ★★ "**Boiling Point**" (1993) A Treasury agent has one week to find a comrade's killers. | |
| 35 TNT | **Movie:** ★½ "**Boat Trip**" (2003, Comedy) Straight pals unwittingly set sail on an all-gay cruise. | | | | **Movie:** ★ "**The Bachelor**" (1999) A man has 27 hours to marry in order to inherit $100 million. | | | | **Movie:** ★★★ "**Save the Last Dance**" (2001, Romance) Julia Stiles, Sean Patrick Thomas. | | | | **Movie:** "**A Walk to Remember**" (2002) A high-school delinquent courts a minister's daughter. | | | **Movie:** ★★½ "**Wimbledon**" (2004) Kirsten Dunst. Two tennis players fall for each other. | | | | **Movie:** ★★ "**The Wedding Planner**" (2001, Romance-Comedy) Jennifer Lopez. | |
| 38 DISN | **Bear in House** | **JoJo's Circus** | **The Wiggles** | **Higgly-town** | **Little Einsteins** | **Little Einsteins** | **Mickey Mouse** | **Mickey Mouse** | **Handy Manny** | **Handy Manny** | **Doodle-bops** | **Charlie & Lola** | **Lilo & Stitch** | **Emperor New** | **Movie:** "**Get a Clue**" (2002) Students sleuth the disappearance of their English teacher. | | | | **Zack & Cody** | **That's So Raven** | **Naturally, Sadie** | **Phil of the Future** | **Sister, Sister** | **Life With Derek** |
| 39 SCIFI | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Movie:** ★★★ "**The Howling**" (1981, Horror) A journalist is hounded by werewolves at a retreat. | | | | **Movie:** ★★ "**Sometimes They Come Back... Again**" (1996, Horror) Alexis Arquette. | | | | **Movie:** ★ "**Sometimes They Come Back... for More**" (1998, Horror) Faith Ford, Max Perlich. | | | | **The Stand** A virus escapes from a top-secret lab causing thousands of deaths around the country. | | | | **The Stand** (In Stereo) (Part 2 of 4) | |
| 45 DISC | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Joel Osteen** | **Paid Program** | **Craftiest Animals** "Raccoons" | | **Craftiest Animals** "Squirrels" | | **Stinkers! Ten Smelliest Animals** | | **Extreme Surgery** | | **Extreme Surgery** | | **Extreme Surgery** | | **Surgery Saved My Life** Back surgeries. | | **Surgery Saved My Life** Epileptic teen. | | **Surgery Saved My Life** Heart defects. | |
| 46 ANPL | **K-9 to 5** | **Breed All About It** | **Ultimate Dog Championships** | | **Funniest Animals** | **Funniest Animals** | **Mad Mike and Mark** "Elephant Crush" | | **Caught in the Moment** | | **Growing Up...** "Sitka Deer" | | **Growing Up...** Raising three baby zebras. | | **Growing Up...** "Black Leopard" | | **The Most Extreme** "Births" Extreme births. | | **Born Different** Animal breeding. | | **Wild Kingdom** | | **Baby Panda's First Year** Tai Shan's life. (N) | |
| 47 COM | **Paid Program** | **Paid Program** | **Mad TV** (In Stereo) | | **Mad TV** (In Stereo) | | **Mad TV** (In Stereo) | **Movie:** ★½ "**Ringmaster**" (1998) People reveal sordid details on a TV host's program. | | | | **Movie:** ★★ "**Boomerang**" (1992, Comedy) Eddie Murphy. A sexist marketing executive gets his comeuppance. | | | | **Movie:** ★★ "**Duplex**" (2003) Ben Stiller. A couple tries to get rid of an annoying neighbor. | | | | **Movie:** ★½ "**Ringmaster**" (1998) People reveal sordid details on a TV host's program. | |
| 48 CRT | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Paid Program** | **Hollywood Heat** | **Hollywood Justice** | **Dunne: Power, Privilege & Justice** | | **LA Forensics** | **LA Forensics** | **LA Forensics** | **LA Forensics** | **LA Forensics** | **LA Forensics** | **LA Forensics** | **LA Forensics** |