

Insights on health insurance offered to fill 'coverage gap'

By Mary Reynolds Jefferson State Financial Group

Nearly 50 million Americans, including more than 600,000 Oregonians, are falling into a growing "coverage gap."

People without health insurance coverage, when they get very sick, can go to an emergency room, where federal law requires that they be seen and treated. But ER's are one of the most expensive places to receive care, and the cost of caring for the uninsured is paid by those who have insurance by increasing their premiums.

Also consider the fact that one cannot obtain effective, continuing care through ER visits.

Are you one of the increasing numbers of uninsured? Have you asked yourself why? The major response I hear is, "I can't afford health insurance." Others say that they "don't believe in the current health-care system." Or try this one, "The hospital bill will be written off because I can't afford to pay."

Regarding the system, consider that the current system is all we have when it comes to major health events. There are several movements out there working for a change, but until change takes place how are you going to get the care you need when you need it?

Regarding the "write-off," how long could you stay in business or retain your job if your company gave away its goods and services? This is a system that cannot be depended on to be sustainable.

Here are a couple of answers that could help the majority of uninsured Oregonians, especially many of us right here in our valley.

First, the Family Health Insurance Assistance Program, or FHIAP, helps thousands of Oregon families pay the monthly premium for high-quality, private health insurance plans.

FHIAP pays from 50 to 95 percent of the premium for Oregonians who are uninsured and meet income and other guidelines. Individuals and families use FHIAP subsidies

to pay for insurance at work or to buy individual health plans if insurance is not available through an employer.

With FHIAP, Oregonians often cover their entire families for just a few dollars a month instead of hundreds of dollars.

Currently there is a waiting list with most applicants receiving their applications within about two months. Phone (888) 564-9669 to get on the Wait List. Once you receive your Certificate of Eligibility we at Jefferson State Financial Group can help you get the insurance coverage.

Secondly, there are high-deductible health plans that can fit most anyone's budget. There are two types. One has a lower risk factor along with an option for tax savings; and another type limits risk at a higher level and costs less.

A Qualified High Deductible Health Plan (QHDHP) limits risk by capping your medical out-of-pocket liability at approximately \$5,000 for an individual and \$10,000 for a family. It also offers the added advantage of a tax deductible Health Savings Account (HSA).

Other high-deductible plans are usually referred to as Value Plans and have a much-higher deductible option with more out-of-pocket risk, some up to \$20,000 per person (per year). These work well for those looking for a very low premium and are not concerned as much about the smaller medical bills but want to protect against a major medical event wiping out their assets. Depending on age there are plans available from under \$100 per month.

With the numerous options available it does not make financial sense to risk going without health coverage. Once an injury or illness occurs, even when you get coverage, you will have a six month waiting period on pre-existing conditions.

Unless you love putting on bake sales and fund-raisers, don't wait until something happens. Phone 592-6262 for more information and a free consultation.

(Fee paid for the preceding)



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To the Root: Sciatica

Pain generally begins at the sacrum and radiates down the back or sides of one or both legs. Pain can be excruciating and at times disabling.

Acupuncture and herbs can treat and heal sciatica.

Every case is different. Instructions and treatment must be individualized.

Reduce pain, regain movement and return to the activities you love!

Illinois River Acupuncture
592-5041 Mon., Wed., Fri.
Jo Anne Stone, M.S., L.Ac.

Elementary Schools Lunch Menu Sponsored by 'Illinois Valley News'

321 S. Redwood Hwy. 592-2541

THURSDAY, MAY 24
Pretzel w/cheese, hot diggity dog, soft shell taco, ham & cheese sandwich, club wrap, garden salad

FRIDAY, MAY 25
Meatball sandwich, hamburger, sausage or veggie pizza, turkey & cheese sand., "it's Italian" wrap, chef or garden salad

MONDAY, MAY 28
No Classes - Memorial Day holiday

TUESDAY, MAY 29
Rib-B-Que sandwich, grilled ham & cheese, "Two taco" Tuesday, super sub sand., crispy chicken wrap, garden salad

WEDNESDAY, MAY 30
Macaroni & cheese, cheeseburger, Hawaiian or cheese pizza, torpedo tuna sand., fiesta wrap, fiesta or garden salad

Memorial Day safely -- boaters should always wear personal flotation devices

THURSDAY EVENING/LATE NIGHT		MAY 24, 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	WTS	4:30 MLB Baseball: New York Mets at Atlanta Braves	Yes Dear	The King of Queens	The King of Queens	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	9-10-10	
3	FOXPAN	7:30 The Heaven Go Ask Alice (In Stereo)	Smallville	Crisis (In Stereo)	Movie: *** My Big Fat Greek Wedding (2002) Romance-Comedy Nia Vardalos	Whose Line Is Your Business?	Whose Line Is Your Business?	The 700 Club	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	
4	AMVD	7:30 The Simpsons	Friends	The Simpsons	So You Think You Can Dance	On the Border	On the Border	News (N)	Fraser	Friends	Becker	News (N)	Malcolm in the Middle	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court	Divorce Court		
5	KOB	7:30 News (N)	News (N)	Entertainment Tonight	Movie: *** The Office (2005) Comedy Steve Carell	30 Rock	Scrubs	Studio 60 on the Sunset Strip	News (N)	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show	The Tonight Show		
6	ESPN	7:30 NBA Basketball: Conference Final Game 2 -- Teams TBA	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)		
7	KSTV	7:30 Business Rpt.	The NewsHour With Jim Lehrer (N)	Second-Hand	The This Old House	How I Met Your Mother	How I Met Your Mother	Doctor Who: The Long Game	Charlie Rose (N) (In Stereo)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)		
8	TBN	7:30 Bishop T.D. Jakes	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord	Praise the Lord		
9	LIFE	7:30 Reba (N)	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba	Reba		
10	KTLA	7:30 Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud		
11	NCA	7:30 Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!	Jimmy Kimmel Live!		
12	KOPV	7:30 News (N)	News (N)	Jeopardy!	Wheel of Fortune	Ugly Betty	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy		
13	USA	7:30 Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent		
14	A&E	7:30 Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files	Cold Case Files		
15	HBO	7:30 Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.	Movie: *** Hope Floats (1998) A single mother finds love in her hometown.			
16	SHOW	7:30 Movie: *** 5.15 Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.	Movie: *** Blown Away (1994) A mad bomber plots revenge on his former pupil.			
17	21	7:30 Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War	Movie: *** American Soldiers (2005) War		
18	22	7:30 Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music	Movie: *** Walk the Line (2005) Music		
19	23	7:30 2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas		
20	TRAV	7:30 Cool Camps for Adults (N)	Florida's Top Ten Beaches	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)		
21	AMC	7:30 Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos		
22	MAI	7:30 Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action	Movie: *** The Untouchables (2005) Action		
23	ESPLC	7:30 2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas	2005 World Series of Poker Las Vegas		
24	TRAV	7:30 Cool Camps for Adults (N)	Florida's Top Ten Beaches	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)	Cool Camps for Adults (N)		
25	AMC	7:30 Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos	Movie: *** The Sopranos		
26	TNT	7:30 Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace		
27	Zack & Cody	7:30 Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody		
28	SCFI	7:30 Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1		
29	DISC	7:30 How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made	How I'm Made		
30	ANFL	7:30 Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston	Animal Cops Houston		
31	COM	7:30 Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy	Movie: *** Back to Back (2002) Comedy		
32	CRF	7:30 Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Forensic Files		

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	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	WTS	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
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4	AMVD	7:30 The Simpsons	Friends	The Simpsons	So You Think You Can Dance	On the Border	On the Border	News (N)	Fraser	Friends	Becker	News (N)	Malcolm in the Middle												