Goals: 'Streaking' is running every day for a minimum of one mile

Continued from Page C1

Jan. 5: Newport Resolution Run & **Polar Bear Plunge**

I had only visited Newport, Oregon, a few times and had no idea where we would be running. I assumed a nice run along the harbor and maybe across that beautiful bridge. I figured it would be cold and wet, but I was prepared for that. I figured I would be very slow.

I had no idea.

Just a few miles into the run the course veers up into the woods, narrow roads and muddy trails used by mountain bikers. I was still wearing my ultralight distance running shoes; no traction at all. I fell twice on steep and muddy trails. Each run was 13.1 miles, but this one was

much longer. The trail was well marked, but I still worried that I was lost in the forest trails that all started to look alike. I cursed every skipped training day and cinnamon roll indulgence.

When the trail finally returned to pavement, and headed down out of the hills. I was mentally exhausted. The race ends in the sand dunes with a finish line at the beach and a dip in the ocean. Something happened climbing the first sand dune. My left thigh muscle froze. It wasn't cramped, it just wouldn't work.

I hobbled toward the finish line and didn't stop. I staggered toward the water. I didn't jump in the stormtossed surf — I was worried that I wouldn't be able to stand back up. Instead, I



Four runs, four medals to prove you finished.

waded in the ocean and let the waves crash over me.

Ending like that, you'd think I would hang up my shoes for good. But I like running, not so much for the

races — I'm never competitive — but for the way it makes me feel. It is meditation in movement, a time to think and breathe and turn off

the world for a little while. It

something accomplished each day I run.

I don't need medals for

Pursuing this goal, running in these races, was great and got me out of my rut and into the world in a new way. Yet I realized it is the everyday running that I find most rewarding and fun. So I needed to set a new goal.

Run every day: the streak

"Streaking" in the running world is not what you remember from the 1970s (if you remember the 1970s). Streaking is running every day for a minimum of one mile. Most days you are likely to run more, but some days a mile is all you are going to accomplish. The key

makes me feel like I have is putting on your shoes and getting out the door.

I started the day my new Reeboks arrived and have only missed a day or two. I plan to start my official streak on my 50th birthday next week. My big goal is to run 500 miles this year, which is easy if I just aim for 10 miles each week. Somewhere along the way I want to get a streak of at least 50 days.

I have learned that goals aren't about just crossing the finish lines. Goals are about how you change your thinking on the path to achieving them.

Ed Hunt is a registered nurse and former newspaper reporter. His latest book, "Vine Maple in the Autumn Light," is now available on Amazon.

THE DAILY **Evening listings ASTORIAN** FRIDAY—SUNDAY

FRIDAY EVENING					A - Charter Astoria/ Seaside - L - Charter Long Beach							FEBRUARY 8		
Α		6 рм	6:30	7 PM	7:30	8 рм	8:30	9 рм	9:30	10 рм	10:30	11 PM	11:30	
A KATU	_	KATU News at 6 (N)		Jeopardy! (N)	Wheel Fortune (N)				d hard-hitting investig		10.50	News (N)	(:35) Jimmy Kimmo	
KOMO					Be My Valentine, C						KOMO4News (N)	(:35) Jimmy Kimme		
KING		NBC News (N) KING 5 News (N) KING 5 News (N) Evening			Blindspot (N)		20/20 Interviews and hard-hitting investig The Blacklist "The Ethicist" (N)				KING 5 News (N)	(:35) Tonight Shov		
6 KOIN					Big Brother: Celeb	rity Edition (N)	THE BIGERIIST THE	Ethicist (N)	Blue Bloods "My B	rother's Keener" (N)	News (N)	(:35) Colbert		
KIRO			Evening News (N)	KIRO 7 News (N)		Big Brother: Celeb				Blue Bloods "My B		KIRO News (N)	(:35) Colbert	
B KGW		KGW News at 6:00		Tonight Cassidy		Blindspot (N)	Lity Zantion (it)	The Blacklist "The	Ethicist" (N)	Dateline NBC	Totaler 5 Recepci (11)	News (N)	(:35) Tonight Show	
KRCW			Modern Family	The Goldbergs		Dynasty (N)		Ex-Girlfriend "I Ha		News (N)	Friends	Two and a Half	Two and a Half	
O KOPB			aces to Love Business (N) PBS NewsHour (N)		800 Words			ey Mysteries "Decep		(:35) Masterpiece "S				
12) KPTV	(12)			Hell's Kitchen "A Rollercoaster Ride" (N) Kitchen "T				10 O'Clock News (News (N)	Page Six TV			
13) KPDX	<u>-</u>	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8pm Prime News (I	V)	9pm Prime News (N)	Big Bang Theory	Family Guy	American Dad!	The Game	
KCPQ	(13)	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Hell's Kitchen "A R	ollercoaster Ride" (N	Kitchen "The Grand		Q13 NEWS AT 10 (Most Wanted	The Simpsons	
20) TBS		Family Guy	Family Guy	Bob's Burgers			Bob's Burgers		2016, Family) Bill Murr	ay, Ben Kingsley, Nee	el Sethi.	(:15) Ocean's Twelv	e George Clooney.	
KZJO		Black-ish	Black-ish	Mom			Modern Family	Q13 News at 9 (N)			Big Bang Theory	Two and a Half	Two and a Half	
29 ESPN		(4:00) NBA Basketb.					ng Center (L)	(:10) SportsCenter (SportsCenter (N)		SportsCenter (N)		
30) ESPN2		NCAA Basketball G				SportsCenter (N)		UFC "234: Whittake	er vs. Gastelum"	UFC Flashback	UFC Main Event	Now or Never (N)	Boxing	
31 NICK			The Loud House	The Loud House		Double Dare	Double Dare	To Be Announced				Friends	(:35) Friends	
32 DISN			Raven's Home	Bunk'd			Sydney Max (N)	Coop & Cami		Sydney to the Max		Andi Mack	Sydney Max	
34 FAM					** Miss Congeniality 2: Armed and Fabulous ('05) Regina King, Enrique Murciano, Sandra Bullock. Grown-ish						The 700 Club			
35) FMC					ı ('06) Marlon Wayans, Kerry Washington, Keenen Ivory Wayans. [:45) ★★★★ American Hustle (2013, Drama) Amy Adams, Jen ★★ Secretariat (2010, Family) Scott Glenn, James Cromwell, Diane Lane.									
36 LIFE		Motocross X-Fighters NCAA Baskett					nn, James Cromwell, Diane Lane.		In all and the settlem of Tax		(:05) While You We Poker Night			
38) ROOT 39) FS1		(5:00) NCAA Basketh		Cuashad Isa		NFL Turning Point		TMZ Sports (N)	Fair Game	Poker Heartland To PBC Countdown	Boxing Classics '17		WPT Poker	
43) SPIKE		Mom	Mom	Friends				ma) Sally Field, Gary S		PBC Countdown	Boxing Classics 17	Premier Champions	Movie	
44) COM			(:50) South Park "W			South Park	South Park	South Park	South Park	Kevin Hart: Seriou	cly Euppy	NotHappening (N)		
45) HIST	$\overline{}$	Ancient Aliens "Alie	,	Aliens "Aliens and F		Ancient Aliens "For		Ancient Aliens "Th		Keviii ilait. Sellou	isty rutitry	(:05) Ancient Aliens		
46) A&E								inside the country's bi	isiest nolice forces (I	1	(.05) Alleient Allens	Alicis b.c.		
47) TLC					Hoarding "There Ar		Hoarding "My Hou			Alive "Tiny Monsters"	Hoarding "Survivin	n on Trash"		
48) DISC		Gold Rush "Old Scho		Gold Rush				Gold Rush "Gold G		Gold Rush: White		Moonshiners "Brea		
49 NGEO		Underworld, Inc. "C		Alcatraz: Living He		The Aryan Brother		Hard Time "Addicte		Drugs, Inc. "High in		Drugs, Inc. "High S		
50) TNT		Bones "The Dwarf in			(2008, Comedy) John				e (2016, Comedy) Key			I Am the Night "Pi		
MC AMC		(5:25) ★★★ I, Robot							al, Ian Holm, Dennis C		★★ Eraser ('96) Var			
52) USA		Law & Order: S.V.U					Modern Family	Modern Family	Modern Family	Modern Family		Modern Family	Modern Family	
		Diners, Drive-Ins		Diners, Drive-Ins		Diners, Drive-Ins							Diners, Drive-Ins	
53 FOOD		Love It/List It "A Se	ntimental Situation"	Love It or List It "C	Community Calling"	My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	House Hunters (N)	House Hunters (N)	House Hunters	House Hunters	
	(54)		ith the Joneses ('16	i) Isla Fisher, Zach Gal					th, Samuel L. Jackson,				Movie	
54 HGTV 56 FX		(5:30) Keeping Up W	/				CNN Tonight With Don Lemon		Anderson Cooper 360				CNN Tonight With Don Lemon	
54) HGTV 56) FX 57) CNN	<u>56</u> <u>57</u>	Cuomo Prime Time						The Five				The Ingraham Angle		
54) HGTV 56) FX 57) CNN 58) FNC	56 57 58	Cuomo Prime Time Hannity		The Ingraham Ang	le	Fox News @ Night								
54 HGTV 56 FX 57 CNN 58 FNC 61 CNBC	56 57 58 61	Cuomo Prime Time Hannity Deal or No Deal "\$!	5 Redemption"	The Ingraham Ang Shark Tank	le	Fox News @ Night Shark Tank		Shark Tank		Hannity Shark Tank		Paid Program	Paid Program	
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KOMO 4 (5:30) NBA Basketball Oklahoma City Thunder at Houston Rockets (L) KOMO 4 News (N) Seattle Refined Wheel of Fortune Jeopardy! Nightline Prime KOMO4News (N) (3:5) HonorWrestle KING 5 NBC News (N) KING 5 News (N) L.M. Traveler Raw Travel (N) Evening Evergreen Saturday Night Live (L) Satur	Α							ria/ Seaside - L - Cha						FEBRUARY 9
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SKGW Naturally (N) Vets Saving Pets Champion (N) Pal Program Saturday Night Live (I)	6 KOIN	(-)	(5:30) AAF Footbal	I (L)	•		KOIN Local 6		Extra Weekend		Entertainment Ton	night Weekend	News (N)	(:35) Amer.Ninja
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RFTV (12) ** Jack and Jill (2011, Comedy) Kater Holmes, Al Pacino, Adam Sandler 9-1-1 "Merry Ex-Mas" The Passage 10 O'Clock News (II) Hell's Kirchen "A Rollercoaster Ride" SUPPLY Mice & Molly People Now Big Bang Theory	KRCW	3	Modern Family	Modern Family	Mom	Mom	Two and a Half	Two and a Half	Two and a Half	Two and a Half	News (N)	Seinfeld	Seinfeld	Impractical Jokers
SKPDX Co. Mike & Molly People Now Big Bang Theory Big	(10) KOPB	10	British Baking "M	asterclass Four"	Travel: ArtWolfe	Steves' Europe	Won't You Be My I	Neighbor? Examine th	e life and legacy of F	red Rogers. (N)	Shakespeare "Exit,	, Pursued by a Bear"	Masterpiece Classi	ic
KCPQ (32) Big Bang Theory Big Bang Theor	12 KPTV	(12)	★★ Jack and Jill (2011, Comedy) Katie H	lolmes, Al Pacino, Ada	ım Sandler.	9-1-1 "Merry Ex-Ma	ıs"	The Passage				Hell's Kitchen "A R	Rollercoaster Ride"
Signature Big Bang Theory						Big Bang Theory	8pm Prime News (N)	9pm Prime News (N)	NCIS: New Orleans	s "Second Line"	Saving Hope "Sym	pathy for the Devil"
ESPN C29 Pawn Stars Pawn Stars Pawn Stars Modern Family SportsCenter (N) Sp	KCPQ						9-1-1 "Merry Ex-Ma						Hell's Kitchen "A R	Rollercoaster Ride"
SPNZ Spot				's Eleven ('01, Cri) Bra	ad Pitt, Matt Damon, C	George Clooney.	Big Bang Theory							
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FMC 35 (4:45) *** The Martian ('15) Jessica Chastain, Matt Damon. (35) *** The Martian (2015, Adventure) Jessica Chastain, Kate Mara, Matt Damon. (25) Jackie (2016, Drama) Peter Sarsgaard, Natalie Portman. (36) LIFE 36 Cocaine Godmother: The Griselda Blanco Story (2018, Drama) Victoria Gotti: My Father's Daughter (", Bio) Maurice Bernard, Chelsea Frei. (25) Death of a Cheerleader (") Sarah Dugdale, Kellie Martin, Aubrey Peeples. (37) ROOT 36 (50) DFL Soccer Hoff/Dor. (38) (5:00) DFL Soccer Hoff/Dor. (39) NGAA Basketball Dep./Kav. (1) Crashed Lee Day 2 NASCAR Classic NCAA Basketball University of Wisconsin (Madison) at Michigan NCAA Basketball Villanova at Marquette Site: Fiserv Forum Milwaukee, Wis. (40) Indiana Jones & the Kingdom *** Indiana Jones and the Temple of Doom (1984, Adventure) Kate Capshaw, Jonathan Ke Quan, Harrison Ford. *** Indiana Jones and the Last Crusade ('89) Sean Connery, Harrison Ford. *** Indiana Jones and the Last Crusade ('89) Sean Connery, Harrison Ford. *** Knocked Up (2007, Comedy) Katherine Heigl, Leslie Mann, Seth Rogen. (45) ** The Wedding Singer (1998, Comedy) Drew Barrymore, Christine Taylor, Adam Sandler. South Park S														
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COM (44) *** Knocked Up (2007, Comedy) Katherine Heigl, Leslie Mann, Seth Rogen. (45) ** The Wedding Singer (1998, Comedy) Drew Barrymore, Christine Taylor, Adam Sandler. South Park South Park (55) HIST (45) D.B. Cooper: Case Closed "Part 2" Pt. 2 of 2 To Be Announced (505) Hitler Tunnels A secret tunnel in Germany that may have changed WWII. (47) TLC (47) Say Yes-Dress Say Yes-Dress Yes Dress "Don't Show the Goodies" Say Yes to the Dress Say Yes to the Dress														
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DISC 48 Naked and Afraid "Belize Breakdown" Naked and Afraid "Worlds Collide" Naked and Afraid "The Hunted" Naked and Afraid "Swamp Queen" 19 NGEO 49 Life and Death Row "Punishment" Life and Death Row "Truth" San Quentin Unlocked Surviving Alcatraz Vanished from Alcatraz Alcatraz: Living Hell 10 The Hunger Games: Catching Fire ('13) Jennifer Lawrence. The Hunger Games: Mockingjay, Part 1 ('14) Donald Sutherland, Josh Hutcherson, Jennifer Lawrence. *** * * * * * * * * * * * * * * * *				lc v b	N 5 115 1.51								1c v · · · · b	
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That (50) (5:00) **** The Hunger Games: Catching Fire ("13) Jennifer Lawrence. The Hunger Games: Mockingjay, Part 1 ("14) Donald Sutherland, Josh Hutcherson, Jennifer Lawrence. *** The Hunger Games: Mockingjay, Part 2 (5:30) Dead (4:40) The Walking Dead "The Damned" (4:40) The Walking Dead "Monsters" (4:40) The Walking Dead "Some Guy" (4:40) Walking Dead "The Big Scary U" (5:50) The Walking Dead "The King, the Widow and Rick" (5:20) USA (5:22) ** Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd. *** San Andreas (2015, Action) Carla Gugino, Alexandra Daddario, Dwayne Johnson. Temptation Island "Rock My World"														
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E22 USA © USA © USA © S2) ★★ Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd. ★★★ San Andreas (2015, Action) Carla Gugino, Alexandra Daddario, Dwayne Johnson. Temptation Island "Rock My World"														
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HGTV (54) Fixer Upper Fixer "Austin Couple Finds Waco Charm" Love It or List It "Site Unseen" Reno. 'Big Ideas, Bigger Problems" (N) LogCabin (N)				Dillers, Drive-ilis										
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61 CNBC 61 Undercover Boss "Wienerschnitzel" Undercover Boss "Loehmann's" Boss "Kampqrounds of America (KOA)" Under Boss "Painting with a Twist" Under Boss "Build-a-Bear Workshop" Paid Program Paid Program														Paid Program
BRAV 63 (5:30) Tiny House ** Fast Five (2011, Action) Paul Walker, Dwayne Johnson, Vin Diesel. The Green Mile													i aiu i iogiaiii	
TCM 64 (5:00) In the Heat of the Night ** The Defiant Ones (1958, Drama) Sidney Poitier, Theodore Bikel, Tony Curtis. ** Nine to Five (1980, Comedy) Dolly Parton, Lily Tomlin, Jane Fonda. Honeysuckle Rose ('80) Willie Nelson.													Honeysuckle Rose	
	(65) SYFY												moneysuckie Rose	Futurama Pt. 1 of 4
SYFY 65 (4:05) Blade II ("02) (:35) ★★ Blade: Trinity (2004, Thriller) Jessica Biel, Ryan Reynolds, Wesley Snipes. ★★ 47 Ronin (2013, Action) Hiroyuki Sanada, Tadanobu Asano, Keanu Reeves. Futurama Pt. 1 of			Opry Encore		t Mollie B Polka Par			ne Malpass Brothers"			Hee Haw	o, Realia Neeves.	Time Life Library	i acarama i c. i 014

162 RFD	<u>162</u>)	Opry Encore Dailey and V	incent Mollie B Polka Party (N	1)	Larry's Country The	e ivialpass Brotners	C. Keunion Sweet	nearts, Part Two	Hee Haw		Time Life Library	
SUNDAY	<u>Έ</u> \	/ENING		A - Charter Astoria/ Seaside - L - Charter Long Beach					Fi	EBRUARY 10		
Α	Т	6 рм 6:30	7 PM	7:30	8 рм	8:30	9 рм	9:30	10 рм	10:30	11 PM	11:30
(2) KATU	2	KATU News at 6 (N)	America's Funniest Hor		America's Funniest		Shark Tank	0.50	Shark Tank		News (N)	(:35) Castle
		KOMO 4 News at 6pm (N)	America's Funniest Hor		America's Funniest		Shark Tank		Shark Tank		KOMO4News (N)	(:35) Full Measure
■ KING		NBC News (N) KING 5 New							Dateline NBC			(:35) Band Seattle
6 KOIN		(5:00) The 61st Annual Grammy			. , ,	The 61st Annual Gr		iaj ii ci			itilite 5 items (it)	(155) Daria Deatere
KIRO		(5:00) The 61st Annual Grammy				The 61st Annual Gr						
8 KGW		NBC News (N) Straight Tall		nd Where to Find				avne.	Dateline NBC		News (N)	(:35) Sports Sunday
KRCW		Modern Family Modern Fan			Supergirl "Rather the		Charmed "Bug a Bo			Pawn Stars	Pawn Stars	Pawn Stars
(10) KOPB		Oregon Art Beat Oregon Guid			Masterpiece "Victor			A Show of Unity" (N)			Masterpiece Classi	
	(12)	Family Feud People Now	The Simpsons Bob	o's Burgers	The Simpsons (N)	Bob's Burgers (N)	Family Guy (N)	The Cool Kids	10 O'Clock News (N		News (N)	In Depth
(13) KPDX		Mike & Molly Mike & Mol	y Big Bang Theory Big	Bang Theory	8pm Prime News (N)	9pm Prime News (N)	NCIS:NewOrleans "	Collateral Damage"	Madam Secretary	"Connection Lost"
KCPQ	(13)	Modern Family Modern Fan	ily The Simpsons Bob	o's Burgers	The Simpsons (N)	Bob's Burgers (N)	Family Guy (N)	The Cool Kids	News (N)	Q It Up Sports	News (N)	TMZ
(20) TBS	20	(5:30) ★★★ Blended (2014, Come	dy) Drew Barrymore, Bella Thorne	e, Adam Sandler.	★★★ Titanic (1997,	Drama) Kate Winslet	, Billy Zane, Leonardo	DiCaprio.				•
KZJO	22)	Black-ish Black-ish	Big Bang Theory Big	Bang Theory	Big Bang Theory	Big Bang Theory	Q13 News at 9 (N)	Q It Up Sports	Mom	Mom	Two and a Half	Two and a Half
29 ESPN	29	30 for 30 "Deion's Double Play"	SportsCenter (N)		SportsCenter The da	y's news in the world	of sports. (N)	SportsCenter The da	ay's news in the world	of sports. (N)	SportsCenter	
	30	(5:00) NCAA Basketball Stan./Ore.	(L) Boxing Top Rank Jose Ra	amirez vs. Jose Zer	oeda		UFC Archival		UFC Archival		UFC Archival	
(EI) NICK		SpongeBob SpongeBob			To Be Announced						Friends	(:35) Friends
		(:15) Zapped (2014, Fantasy) Char			Sydney to the Max		Bizaardvark				Sydney to the Max	Coop & Cami
	34)	(:15) ★★ Sweet Home Alabama (2002, Comedy) Candice Bergen, J	losh Lucas, Reese \	Witherspoon.			ce) Julia Roberts, Jasor				Because I Said So
		(4:40) ★★★★ Captain Phillips ('1			Phillips (2013, Docu							ssum, Justin Chatwin.
36 LIFE		Give Me My Baby (2017, Thriller)			Saving my Baby (20				(:05) Victoria Gotti:			
		(5:00) NCAA Basketball Vill./Marq			eans Gold		Poker Heartland To			WPT Poker Five Dia		WPT Poker
39 FS1	<u>39</u>	Inside Big East (N) Westminste	Masters Agility Championship	p (N)				ng Advance Auto Part			Refuse to Lose	
		★★★★ Indiana Jones and the L						the Lost Ark (1981, A	,			
		(:15) Parks and Rec (:50) Parks an) Parks and Rec						Parks and Rec	Parks and Rec	Parks and Rec
45 HIST		American Pickers	American Pickers "Ame					de is a collection of th				
		★★★ Walking Tall ('04) Johnny N						nahan, Keanu Reeves.				
		S.WivesMore "Sister Wife Secrets						eir engagement. (N)				
		Alaska/Frontier "Thrill of the Hun			Alaska: Exposed "H		Alaska "The Homes		Homestead Rescue			to a flood zone.
		Philly Mob	L.A. Gang Wars		Outlaw Bikers "Insid			harles Manson and his			The Manson Cult	2 1 11 6 11
50 TNT		*** Law Abiding Citizen ('09,			*** Suicide Squ					★★★ Immortals (2		
			king Dead "Stradivarius" (:55) Law & Order: S.V.U. "Tu				The Walking Dead		(:15) Talking Dead (I		(:15) The Walking D	
		Law & Order: S.V.U. "Zebras" Guy's Grocery Games "Full-On F			Law & Order: S.V.U.		Law & Order: S.V.l		Law & Order: S.V.U Beat Bobby Flay			Modern Family
					WorstCook "Spice U		WorstCooks "Carn					Beat Bobby Flay
54 HGTV 56 FX		Property Bros. "Family Above All ★★ Taken 2 (2012, Action) Family			Bargain Hunt (N) ★★ Taken 3 (2014, /			Caribbean Life (N)		Island Life (N) ★★ Taken 3 (2014,		House Hunters
				thony Bourdain "		Anthony Bourdain		Anthony Bourdain		Anthony Bourdain		CNN Newsroom
57 CNN 58 FNC		CNN Special Report "Facebook a The Next Revolution	Life, Liberty & Levin		Watters World		The Next Revolution		Life, Liberty & Levi		Fox News Sunday	CIVIN NEWSTOOM
		Deal or No Deal "Head Over Hee			The Profit "Jackie's (The Profit "Monica		The Profit "Inkkas G		Paid Program	Paid Program
		Atlanta "The Peaches of Tokyo"	Housewives Atl. "Temp		Atlanta "Lost in Tran			Housewives Atl. "L				Housewives Atl.
64 TCM			The Thin Man ('34) William Powe									Our Lives Myrna Loy.
65 SYFY		(5:30) ★★ 47 Ronin ('13, Action) H							i, dicei daisoii.		(:55) Futurama 1/4	
		Joey+Rory (N) FarmHer		s Week in AgriBu		Farm Monitor (N)			Classic Tractor "192	20 I-H Flaming 4"	Time Life Library	(.23) Futurania 2/4
THE RIP	(IUE)	socy mory (iv)	Ja machinery	J TIECK III AGIIDU	15111033	i di ili Mollitor (N)	Sentic Gland	Tractor running	classic fluctor 15	LOT IT HUITING 7	Time Life Library	