

TV WEDNESDAY				MOVIES	SPORTS	NEWS	1. Shaw Portage LaPrairie 2. MTS Portage LaPrairie 3. Bell Portage LaPrairie 4. Shaw Direct Portage LaPrairie						
STATION	1.	2.	3.	4.	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
CANADIAN BROADCAST													
SUNTV			213		The Insider	★ Death to Smoochy ('02, Comedy) Edward Norton, Robin Williams.				The Insider	Old Christine	Becker	Grill Room
CBC	2	2	226	332	Coronation S	Wheel Fortune	Jeopardy!	Dragons' Den		The Tudors		The National	
CITY TV	8	8	228	329	6:00 L & O: SVU	Minute to Win it		America's Got Talent		Modern...	Cougar Town	CityNews...	EP Daily
CTV	5	5	225	316	6:00 CTV News	(N) MasterChef				CSI: NY		Big Bang T.	eTalk
GLOBAL	12	12	227	335	ET	(N) Big Brother		NCIS		Shattered		Prime News	ET Canada
OMNI.1			215		The Office	Omni News: Italian Edition	Vivere	Omni News		Law & Order: Criminal Intent		Metroproia	:35 Late Show
JoyTV	11	11			The...	The Insider	Hates Chris	Third Watch		Poltergeist: The Legacy		P3...	Diya
TVA	115	26	115	711	Bloopers TVA	Destinées		Messmer: drôlement...		TVA nouvelles		9:45 Sucré salé	:15 Movie
CBC French	10		118	704	6:00 TJ...	(N) Virginie	L'épicerie	La petite séduction		(N) Mauvais karma		Le téléjournal	
TV5	116	405	145	761	6:00 Nougaro...	★★ La sainte victoire ('09, Thriller) Clovis Cornillac, Christian Clavier.				A table!	Hors série:...	TV5 le journal	:35 Faut pas...
AMERICAN NETWORKS													
ABC	7	13			ET	The Middle	The Middle	Modern...	Cougar Town	:01 Castle		News at 10	:35 Nightline
CBS	4	4			Wheel Fortune	(N) Big Brother		Criminal Minds		CSI: NY		WCCO 4 News	:35 Late Show
NBC	6	6			ET	Minute to Win it		America's Got Talent		Law & Order: SVU		Kare News	:35 Tonight...
FOX	49	19		363	2 1/2 Men	MasterChef				FOX First at Ten		Seinfeld	Friends
PBS Fargo	3	3			My Hero	Through A Dog's Eyes		Latin Music USA				My Hero	Business
PBS Detroit		348		364	Discover The...	Rick Steves...	Rick Steves...	Rick Steves...	Rick Steves...	Change Your Brain, Change Your Body			
CW	62	223	297	652	Family Guy	(N) America's Next Top Model		(N) Hellcats		PIX News at Ten		2 1/2 Men	Friends
NEWS, VIEWS & CURRENT AFFAIRS													
BNN	112	142	504	508	6:00 Market Call	The Close	Market Call	After Hours		The Business...	Commodities	Market Call Tonight	
CPAC	113	24	512	396	Beyond...	Primetime Politics		The Public Record				Primetime Politics	
CNBC		283	509		6:00 Kudlow...	Marijuana Inc		Biography on CNBC		American Greed		Mad Money	
CNN	15	103	500	500	6:00 John King...	Campbell Brown		Larry King Live		Anderson Cooper 360			
CBC News Net	45	15	502	390	6:00 Lang/O'Leary	Connect with Mark Kelley		CBC News: The National		9/11 Phone Calls		CBC News: The National	
VISION	109	20	261	394	6:00 Murder	No Place...	My Husband...	Doc Martin and The Legend of the	Cloutie ('03, Comedy)			Doc	
MOSTLY SPORTS													
GOLF	144	182	416	409	6:00 19th Hole	Golf Videos	Top 10	Top 10	Golf Videos	(N) Destination	19th Hole	Golf Central	Lessons
OLN	31	176	411	457	(N) Man v....	Monsterquest		Opera. Repo	Opera. Repo	UFO Files: UFO Hunters		Monsterquest	
SCORE	29	181	410	403	6:00 Bet Night Live			WWE NXT		Footy Show	Score Now		
SPEED	30	175	417	406	6:00 NASCAR...	Stealth Rider	Stealth Rider	Pinks - All Out		Intersections	Intersections	Stealth Rider	Stealth Rider
SPORTSNET	47	171	408	418	6:00 Connected	Baseball NL. St. Louis vs Milwaukee.						The Daily Line	
TSN	13	22	400	400	6:00 Tennis: U.S. Open							Sportscentre	
MOSTLY MOVIES													
AMC	40	159	293	629	4:30 Movie	★★ The Enforcer ('76, Crime Drama) Clint Eastwood, Tyne Daly.				★★ The Enforcer ('76, Crime Drama) Clint Eastwood, Tyne Daly.			
HBOC	58	210	307	621	5:45 Movie	:10 ★★ Afterwards ('08, Drama) Romain Duris, John Malkovich.				★★★ Earthly Possessions ('98, Drama) Susan Sarandon, Stephen Dorff.			
MC1	55	211	308	622	:35 ★★ Inkheart ('08, Drama) Brendan Fraser, Paul Bettany.		:25 My Family's Secret ('10, Suspense) Nicholle Tom.			★★★ Up in the Air ('09, Comedy)			
MC2	56	212	309	623	5:10 ★★ Mongol ('07, Biography)	:20 ★★ Pontypool ('08, Horror) Stephen McHattie.				★★ Paul Blart: Mall Cop ('09, Comedy) Kevin James.		Movie	
MC3	57	213	310	624	5:45 ★★ Happy-Go-Lucky ('07, Comedy)		7:45 ★★ Kit Kittredge - An American Girl ('08)			How To Boil A Frog			
TMN1			300		5:15 Movie	The Pillars of the Earth		★★★ The Informant! ('09, Comedy) Matt Damon, Scott Bakula.				★★ Gamer ('09, Science fiction)	
MUSIC & POP CULTURE													
CMT	25	109	575	583	6:00 Due South	Funniest Home Videos		Accord. Jim	Accord. Jim	Home Imp.	Home Imp.	Martina McBride: One on One	
MM	110	23	570	580	Degrassi Story	Make It Or Break It		One Tree Hill		Born to Be	My Date w...	UR11@11	
MMM	26	117	571	581	6:00 The Daily...	Ranked!		mmmtop10.ca		Gene Simmons Family Jewels		The O.C.	
MTV	111	326	581	566	6:00 MTV Presents	Cribs	MTV Presents	Real World: New Orleans		Real World: New Orleans		MTV Live	:26 Sex, News
STAR	38	113	621	527	eTalk	The Ellen DeGeneres Show		Dr. Oz		The Tonight Show		TMZ	eTalk
FOR THE KIDS													
FAMILY	34	154	557	541	Phineas/Ferb	Wizards	H. Montana	Suite Life	Wizards	Sonny Chance	H. Montana	Suite Life	In the Band
TELETOON	43	152	555	545	Spiez!	Ben 10	Star Wars	Scooby Doo	Spliced!	Jimmy Two	Johnny Test	Drama Island	Stoked
TREEHOUSE	50	155	553	546	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Harry/Bucket	Rolie Polie...	Toopy & Binoo	Max & Ruby	Dragon
YTV	22	18	552	543	The Penguins	Odd Parents	SpongeBob	ICarly	That's/Weird	ICarly	Be Indie	Hates Chris	8 Simple Rules
INFORMATIVE													
VIVA	92	114	526	507	6:00 Cold Case	1-800-Missing		The Closer		Cold Case		Rescue...	Ghostly...
DISCOVERY	14	104	520	505	6:00 Daily...	Mighty Ships		Worst Case...	Worst Case...	Mayday		Daily Planet	
FOOD	36	135	603	561	Glutton	Iron Chef America		Dinner Party Wars		Chopped		Kitchen Nightmares	
HGTV	24	134	600	564	Property V.	For Your Buck	Real Estate...	Selling...	Property Shop	House Hunters	House H. Int.	Holmes on Homes	
HISTORY	17	105	522	506	Pawn Stars	Chasing Mummies		Ice Road Truckers		Weird or What?		Underworld Histories	
VARIETY													
A&E	20	101	615	520	6:00 The First 48	Dog / Bounty	Dog / Bounty	Dog / Bounty	Dog / Bounty	Criss Angel Mindfreak		Criss Angel Mindfreak	
APTN	108	14	270	350	:01 Northern...	APTN National News		Down to Earth	Closer to...	Mighty River	Samagan	The Canyon War	
BRAVO	27	123	620	523	6:00 Da Vinci	Arts & Minds	O'Regan Files	A Promise to the Dead		Wingfield	Wingfield	Criminal Minds	
COMEDY	37	116	626	547	6:00 Mad TV	Corner Gas	South Park	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl
CTS			651		Happy Days	Cosby Show	Laverne &...	100 Huntley Street		James R.	Benny Hinn	John Hagee	Miracles
KTLA	60	224	298	653	6:00 Tyra Banks	Accord. Jim	Friends	KTLA 5 News	KTLA 5 News	2 1/2 Men	2 1/2 Men	(N) America's Next Top Model	
PEACHTREE	33	121	294	529	6:00 Family Guy	★★ You, Me and Dupree ('06, Comedy) Owen Wilson, Kate Hudson.				Seinfeld	Seinfeld	Law & Order: SVU	
SHOWCASE	28	112	617	522	5:00 Movie	(N) Sea Patrol		Silent Witness		★★ Grizzly Rage ('07, Suspense) Tyler Hoechlin, Kate Todd.			
SLICE	44	131	601	562	At the End of...	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	I Do, Let's Eat!	I Do, Let's Eat!	ET Canada	Bootcamp
SPACE	39	122	627	528	6:00 Stargate	Doctor Who		Medium		Supernatural		InnerSPACE...	A. Hitchcock
SPK	16	125	628	584	6:00 UFC...	UFC Unleashed		Ultimate Knockouts		Pros vs Joes		Knockout	Knockout
TLC	23	102	521	560	Freaky Eaters	Hoarding: Buried Alive		L.A. Ink		L.A. Ink		L.A. Ink	
TV TROPOLIS	19	106	618	524	At the End of...	Intervention		I Survived...		Family Guy	Parking Wars	At the End of...	ET Canada
W	21	132	602	567	Come Dine...	Grocery Bag	Grocery Bag	Restaurant in Our Living Room		Supersize vs. Superskinny		Grocery Bag	Cupcake Girls
WSBK	59	221	296	654	ET	WBZ News		WBZ News	What's in...	Frasier	Frasier	The Office	Name Is Earl

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