THUF	RSI	DAY							:	** AFT	ERNO	ON/PR	IME TI	ME **							FE	BRUA	RY 23	
		3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	1	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	*		
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KUSD 2		Arthur (S) (EI)	WordGirl (S) (EI)	Wild Kratts Octopod submarine.		Fetch! With Ruff Ruffman	Nightly Business Report (S)	PBS NewsHo	I r (N) (S)	On Call "Hepa Affect Me?"	ititis: Can This	Frontline "Ce Deaths" Death tractors. (N) (S	rate of con-	Lark Rise to (Mischief Night (S)		As Time Goes By	BBC World News (S)	(N) (S)	Dreams" Tween	is race go-karts	(S)	Dakota Life	Games of the North (S)	
KTIV 4		(-)	Cash Cab	Ellen DeGene		News 4	NBC News	News 4	Ent	30 Rock	Parks	The Office	All Night	Grimm (S)		News 4	Tonight Show		Late Night	iah limamar	Carson	News 4	Extra (S)	
KDLT 5		The Doctors "I More at Risk at		Judge Judy (S)	Judge Judy (S)	(N)	NBC Nightly News (S)	(N)	The Big Bang Theory (S)	30 HOCK (5)	Parks and Recreation	The Office "After Hours"	Up All Night (N) (S)	Grimm (S)		(N)	Leno (N) (S)	Show With Jay	Fallon Actor V		Last Call With Carson	Jim (S)	Paid Program	
KMEG 6	- TAI -	The Nete Devic	ua Chaur	The Doctors (NI)	KMEG 14	CBS News	laanaudul	Wheel	Dia Dana	(N) (S)	(S)	aveet (C)	The Mantalist	(NI) (C)	News	Late Show Le		(N) (S)	oudCrain	Daly Daid Dross	Paid Prog.	Up/Minute	
KIVIEG (6)				Anderson (S)	/	America's Fu		Jeopardy! How I Met	How I Met	Big Bang American Ido	Rob (N) (S) I Semifinalists	Person of Inte		The Mentalist The Office	The Office		Friends (S)	Excused (S)	Late Late Sho Excused (S)		Paid Prog. d New Adv./Old		Everybody	
KTTW 7	17					Videos (S)		Your Mother		are announced	d. (N) (S)	asks Walter fo	r help. (N) (S)	"Business	"Nepotism"	One in Vegas"	(Part 1 of 2)			Christine	Christine	Hates Chris	Hates Chris	
KXNE 8		Curious	Martha Speaks (S)	Arthur (S)		Wild Kratts Octopod	The Electric Company	PBS NewsHo	(S) Ir (N) (S)	Globe Trekke Guide" Venice		Antiques Roa "Pittsburgh" D		POV "Racing I (N) (S)	(S) Dreams" Tween	s race go-karts.	Games of the North (S)	Consider This	John McLaughlin	(Off Air)		(S)	(S)	
IXIIL ©	(EI) Speaks (5)		(=1)		submarine.	Company			Canal. (S)		club and pipe. (S)		(14) (5)		_	North (5)		MoLadgiiiii						
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ION		Ghost Whispe		Ghost Whispe		Ghost Whisp		Cold Case (S)	unongo	Cold Case (S)		Cold Case (S		Criminal Mino	ds (S)	Criminal Mind	•	Criminal Mind		Without a Tr	ace (S)	Without a Tra	ace (S)	
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LIFE			How I Met	Wife Swap (S)		Wife Swap (S	5)	Project Runw	ау	Project Runw	•	Project Runw	- ,	TBA	24 Hour Catw	. ()	TBA	Project Runw	•	Project Runy		TBA	Catwalk	
WE FOOD				Ghost Whisperer (S) Cooking Paula		Charmed (S) Chopped		Charmed (S) Chopped		Braxton Family Values Chopped						Braxton Family Values Cupcake Wars		Braxton Family Values Chopped		Ghost Whisperer (S) Fat Chef		Bridezillas Cupcake Wars		
SOAP		Beverly Hills,		Brothers & Si		Brothers & Si	isters (S)	Young & Rest	less	Days of our L	ives (S)	General Hosp		Young & Res	tless	Days of our L		General Hosp	oital (S)	All My Childs	ren (S)	All My Childre		
HALL		The Waltons		The Waltons		Little House on Prairie		Little House on Prairie		Little House on Prairie				Frasier (S) Frasier (S)		Frasier (S) Frasier (S)		Gold Girls Gold Girls		Gold Girls Gold Girls		Newhart Newhart		
TRAV		Estate Diner Paradise	Estate	My First No Reservation		First Place Man, Food	First Place Man, Food	Hunters Man, Food	House Man, Food	First Place When Vacation	First Place	Selling LA Bizarre Food	Selling NY	House No Reservation	Hunters	House The Layover	Hunters	Selling LA Bizarre Foods	Selling NY	House No Reservat	Hunters	House The Layover	Hunters	
DISN			Wizards	Wizards		Shake It	Good Luck	Shake It	Good Luck	Phineas			ney Weaver. (S)	NO neservation	Shake It		Good Luck	Wizards	Wizards	Good Luck	Good Luck	ANT Farm	ANT Farm	
NICK		, ,	iCarly (S)	Kung Fu		Sponge.	Victorious	Victorious	Sponge.	My Wife	My Wife	George	George	'70s Show	'70s Show	Friends (S)	Friends (S)	Friends (S)	Friends (S)	'70s Show	'70s Show	Chris	My Wife	
		Ed, Edd Bonanza	Level Up	Level Up Bonanza "Thu		MAD	Gumball M*A*S*H		Adventure M*A*S*H	MAD Homo Imp	Regular Home Imp.	King of Hill Raymond		Amer. Dad	Amer. Dad		Fam. Guy King	Delocated	Childrens	Aqua Teen	Amer. Dad	Amer. Dad Roseanne	Fam. Guy The Nanny	
TVL FAM			70s Show	Gilmore Girls		Funniest Hon		MOVIE: Legal		Home Imp.	nome imp.	<u> </u>	Ily Blonde 2: R	Raymond	Raymond	Raymond The 700 Club	Killy	King Prince	The King of C	Paid Prog.	King Paid Prog.	Paid Prog.	Paid Prog.	
A&E		_		The First 48					The First 48		The First 48		The First 48		The First 48		Amer. Most Wanted		The First 48		The First 48			
				Bait Car Bait Car Swamp Wars (S)		Cops (S) Cops (S) River Monsters		World's Dumbest		World's Dumbest Infested! (S)						Most Shockin	Most Shocking Infested! (S)		World's Dumbest Infested! (S)		World's Dumbest Infested! (S)		Jokers Jokers Infested! (S)	
APL DSC		The Haunted (S) American Chopper (S)				Cash Cab Cash Cab		Infested! (S) Killing bin Laden (S)		9/11 Tapes		U.S. Drug Wa	rs (S)	1 /		U.S. Drug War	rs (S)	\ /		9/11 Tapes		Killing bin Laden (S)		
TLC	45 F	45 Four Weddings (S)		Cake Boss Kitchen		Toddlers & Tiaras (S)		David Blaine's Vertigo		David Blaine			NY Ink "Now or Never"		Cellblock 6 NY		Y Ink "Now or Never"		Cellblock 6		David Blaine		David Blaine's Vertigo	
SYFY		(46) Ghost Whisperer (S) (47) Modern Marvels		Stargate SG-1 (S)		Star Trek: Next		MOVIE: Planet Terror (2007				MOVIE: Dawn of the Dead (2						Me to Hell (2009) Alison Lohm Swamp People				of the Gargoyles		
HIST FNC		Modern Marve Your World W		Modern Marve The Five (N)		Modern Marvels Special Report		Swamp People FOX Report		<u> </u>			1 1 /		steren		Cajun Pwn Cajun Pwn The O'Reilly Factor		ie	Swamp People Greta Van Susteren		Mudcats The Five		
CNN		The Situation				John King, USA (N)		Erin Burnett OutFront		Anderson Cooper 360			Piers Morgan Tonight		oper 360	Erin Burnett C		Hannity Piers Morgan	Tonight	Anderson Co		Erin Burnett (OutFront	
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		(11:00) News N Closing Bell-B		HLN Special F Fast Money (N		Prime News Mad Money (1	N)	Jane Velez-Mi The Kudlow F		Nancy Grace Marijuana US		Dr. Drew Filthy Rich (N	I)	Nancy Grace Filthy Rich		Showbiz Toni Mad Money	gnt	Dr. Drew Filthy Rich		Nancy Grace Filthy Rich		Showbiz Toni Paid Prog.		
		MOVIE: All Bro					in) 55, Comedy) Her		Opon (14)				7, <i>War)</i> William				etter (1940, D	rama) Bette Dav	ris.		Year of Living I			
AMC	54 ((1:30) MOVIE:	Patch	CSI: Miami (S		CSI: Miami (S	3)	CSI: Miami (S		MOVIE: E.T. t	he Extra-Terre	strial (1982) He	enry Thomas.			less in Seattle	(1993) Tom Ha	anks, Meg Ryan		CSI: Miami (S	3)	CSI: Miami (S	S)	
BRAVO FX	_		Housewives/		Bethenny Eve	r After How I Met	Housewives/0		How I Mot		Housewives/0 Two Men		OC Two Men	Housewives/	· · · · · · · · · · · · · · · · · · ·		Housewives/		Tabatha Take Archer	S Over Archer	Happens	Inside Actor's Paid Prog.	s Studio Paid Prog.	
		Friends (S)		thing About Ma		King	King	How I Met Seinfeld	How I Met Seinfeld	Two Men Fam. Guy	Fam. Guy			Archer (N) Big Bang	Unsuper. Big Bang	Conan Dhani I	Unsuper. Harrison.	Unsuper. The Office	The Office	Conan Dhani	Unsuper. Harrison.	Seinfeld	Seinfeld	
USA	58 E	Burn Notice		Burn Notice		NCIS "Family"		NCIS "Ex-File"	(S)	NCIS (S)		NCIS "Lost &	Found"	NCIS (S)		Burn Notice	-	CSI: Crime So	cene	Burn Notice		MOVIE: Seco	ond-Comm.	
TNT		Law & Order (S Jail (S)	,	Law & Order (,	Bones (S)	Jail (S)			(nicks at Miami I				all: Lakers at T	hunder	MMA	Inil /0\	Inside the NB	, ` ,	CSI: NY (S)	Entourers	Rizzoli & Isles		
SPIKE		. ,	Jail (S) Tosh.0	Jail (S) Sunny	. ,	Jail (S) Daily Show	Colbert	Jail (S) 30 Rock	Jail (S) 30 Rock	Jail (S) Chappelle	Jail (S) Chappelle	iMPACT Wres	• . , . ,	Key	Tosh.0		Jail (S) Colbert	Jail (S) Tosh.0	Jail (S) Tosh.0	GTTV Daily Show	Entourage Colbert	Sunny	Entourage Work.	
E!	62 l	Kardashian		Khloe	Khloe	True Hollywo	od Story	E! News (N)		The Soup	Ice-Coco	True Hollywo	od Story	True Hollywo	od Story	Chelsea	E! News		Chelsea	Khloe	Khloe	Chelsea	Chelsea	
INSP		Little House o		Brady		Hap Days	Hap Days	Medicine Wor		The Waltons	I Octor	Little House		Little House		Medicine Wor	man	The Big Valle	•	The Big Valle	<u>. </u>		Campmeet	
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VH1		(2:00) MOVIE: Strictest Parer		Basketball Wi Strictest Pare		T.ITiny Strictest Pare	T.ITiny	<u> </u>	T.ITiny	MOVIE: Mena 1990) Arnold Sc		1993) Tyrin Turr		Basketball W	. ,	Mob Wives (S Martin, Mary Ste	,	MOVIE: Fast	Times at Ridge Bayou	mont High (1) The Dukes o		Sports Illustra The Dukes of		
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CMT		Mr. Young	Fo. Boyard	MOVIE: Phine	as and Ferb: T	he Movie		Fo. Boyard	Kings	Mr. Young	Suite/Deck	Zeke	Fo. Boyard	Phineas	Phineas	I'm-Band	Suite Life	Zeke	Suite/Deck	Phineas	Kid vs. Kat	Two-Shoes	Kid vs. Kat	
CMT DXD	103 l 131 (Mr. Young (12:30) Auctio	n Livestock in I	MOVIE: Phine Pendleton, Ore. U.S. Senate C	(N)	he Movie Theater	Dream	Fo. Boyard Gaither Gosp		Mr. Young Larry's Count Tonight From	ry Diner	Zeke Farming		Phineas RFD-TV Live			Horse	Zeke Brazil Ag	Reporter	Phineas Dak. Life	Kid vs. Kat Oklahoma		Agriculture	

FAIR

From Page 1

when cooking, Kingsbury

However, "labels can sometimes be really tricky," she said. "You've got to be really good at reading labels."

For example, one company markets a chicken broth it claims has 33 percent less sodium than its regular product, but which actually contains 60 mg more sodium per cup.

"Packaging can be very deceiving, so don't just grab this because it says 33 percent less," Kingsbury said.

Another popular attraction was the Community Blood Bank, which had a bus taking

donations in the parking lot.

"We provide blood to the Sanford Vermillion Hospital, so all the blood that's donated today comes back to Sanford Vermillion for local use," said Community Blood Bank executive director Ken Versteeg.

Blood bank reps have attended the fair for the past five years, and collected more donations each year.

"The very first year we started doing this we collected about 25 units of blood," Versteeg said. "Now we see on the upwards of 40 to 50 people come out to donate at this event."

Each unit is equivalent to about a pint, he added.

The event comes at a good time for the blood bank – just prior to the long President's Day weekend.

March Movies planned at library

The Vermillion Public Library will be hosting March Movies, a film festival free to the public that will promote a wider and more empathetic understanding toward individuals with special needs.

Conditions portrayed in the movies to be viewed in March include Alzheimer's, autism/Asperger's Syndrome, developmental challenges, Down's Syndrome and Tourette's Syndrome. The following five films will be shown at 6:30 p.m. on Thursday evenings, March 1-29 in the Community Room of the Vermillion Public Library: "The Notebook," "Rain Man," "The Memory Keeper's Daughter," "Radio" and "Front of the Class."

Hot drinks and popcorn will be provided. For more information about this event, call the library at 677-7060 or e-mail vpl@sdln.net.

Noem's office accepting applications for summer interns from college students

Representative Kristi Noem (R-SD) is currently accepting applications for summer internships in her Washington, DC office, as well as in her offices in Sioux Falls, Rapid City and Watertown.

Student interns in Noem's office will assist staff with legislative research and various constituent service and communications projects. Both South Dakota and Washington, DC internships are unpaid, but provide students with first-hand knowledge of the legislative process and the countless

other functions of a congressional office.

Representative Noem is a member of the Agriculture Committee, the Education and Workforce Committee, and the Natural Resources Committee,

College students who are interested in interning in any of Representative Noem's offices should submit a resume, cover letter and references by April 6th, 2012 to

Peter.Eckrich@mail.house.gov For more information, contact Peter Eckrich at 202-225-2801. "It's an opportunity for us to be able to have enough blood to get through that weekend," Verstreeg said.

He added that Saturday's turnout had been "fantastic."
"I definitely think we're

going to see 40 to 50 people again," he said. The fair typically has approximately 42 booths overall, said USD student

health coordinator Rachel Svartoien. "We're limited on space, so we try to keep it intimate with local vendors," she said.

Merrigan agreed, adding, "We went to the third floor one year, but we just decided it was easier to keep it on first and second."

Lavin said this intimacy creates a good environment for people to get their testing done.

"It's obviously inside, it's well-marked, but people can get such a variety of screenings in one place," she said. "It gives people a chance rather quickly and conveniently to know more about their health."

Merrigan said people could attend a demonstration and get all their necessary testing and information in about 90 minutes.

"But the nice thing about this set-up is, you can just pick and choose, do what you want, stay as long as you want," she said.

Versteeg said the

Community Blood Bank definitely will be back next year.

"Of all the health fair events that we come to to do blood drives, this is the most impressive. The services that are offered here are far superior. It's just amazing for the community to have access to all of this in one building. It's fantastic," he said.



Get on board

get screened

Sanford Mobile Heart Screening unit is coming to Vermillion.

Heart Screen includes: CT calcium score, EKG, cholesterol, blood pressure, Body Mass Index and risk estimate for heart conditions.

20 S Plum Street, Vermillion

Dates: Times: Location: Feb. 22 and 23 8 a.m. – 6 p.m. Sanford Vermillion

Schedule your appointment by calling Sanford Vermillion at (605) 624-2611, ext. 496.

SANF#RD