



Media Alert:

Citytv Programming Highlights: Monday, January 25 –Sunday, January 31

(Toronto – January 21, 2009) Tune in to **Citytv** for brand new episodes of all your favourite comedy, drama and reality series! This week catch Kristin Kreuk (*Smallville*) on *Chuck* and singing sensation Jewel along with husband Ty Murray on *Extreme Makeover: Home Edition* Plus, don't miss the special broadcast *Mother Earth, The 11th Annual Canadian Aboriginal Music Awards* See below for programming highlights from next week's shows!

Artwork Available at www.rogersmediatv.com

The Bachelor (s/ABC): Monday, January 25 at 8:00pm ET/PT (7pm CT, 9pm MT)
Jake surprises the nine remaining women with a road trip up the picturesque California coast. Six lucky women join Jake for a crazy day riding dune buggies and sand surfing and an evening at the Madonna Inn where a rose is a stake.. Next, our travelers drive up the dramatic northern California coast to stunning Big Sur and set up camp among the towering redwoods. That night, Jake takes two apprehensive bachelorettes on a two-on-one date where only one can receive a rose. As the rose ceremony looms, Jake realizes he needs to make some heartbreaking choices and face some hard truths. His shocking choices lead to unexpected departures, throwing the women into a tailspin of emotions. In the end, only five women will remain in the hunt for Jake's heart.

The Biggest Loser (s/NBC): Tuesday, January 26 at 8pm ET/PT (7pm CT, 9pm MT)
This week starts off with a high-stakes pop challenge in which contestants race for the prize of immunity. The winning team also gets three envelopes to give to the teams of their choice with instructions that could have a dramatic impact at this week's weigh in. Plus, tensions are high between the trainers and one team suspected of game play, and a lifting competition rewards the winning team with a prize that everyone wants.

Cougar Town (s/ABC): Wednesday, January 27 at 9:30pm ET/PT (8:30pm CT, 10:30pm MT)***Encore Presentation***
When Josh tells Jules (Courteney Cox) he's in love with her, she knows the time has come to break things off with him. Unfortunately for Jules, she's not the best at ending relationships without hurting people's feelings, but thankfully she has the expertise of friends Laurie (Busy Philipps) and Ellie (Christa Miller) to see her through. Meanwhile, Bobby (Brian Van Holt), Grayson (Josh Hopkins) and Andy (Ian Gomez) hit the links with money and pride on the line.

Supernanny (s/ABC): Friday, January 29 at 8:00pm ET/PT (7:00pm CT, 9:00pm MT)
Mark and Melissa Mann have four young children — Naomi (5), whom they call the "mistress of mayhem," and triplets Norah, Nathaniel and Madeleine (3). Since the triplets' birth, Naomi has come to rule the roost with her defiance, screaming and tantrums, and the chaos spreads to the younger ones. The parents' discipline technique involves telling the children to "trust and obey" while paddling them with a wooden spoon, followed by a hug. But this isn't working at all, as the kids constantly push the boundaries, and Dad says he's "downright desperate." He feels incapable of caring for the kids solo on occasion and Mom is stung by angry comments directed at her by Naomi. Find out if Jo Frost can help.





Mother Earth, The 11th Annual Canadian Aboriginal Music Awards- Saturday, January 30 at 8:00pm ET/PT/CT/MT

Mother Earth, The 11th. Annual Canadian Aboriginal Music Awards, is a one-hour television special presenting captivating highlights and passionate musical performances from the 16th Annual Aboriginal festival. Canadian Aboriginal culture takes center stage, with features on Lacrosse (Canada's national sport, created by Native Canadians), traditional Aboriginal dance and drumming, and Aboriginal art. Also featured are exclusive 'Red Carpet' interviews with this year's CAMA award nominees and winners. Live performances include Canadian music legend Buffy Ste. Marie, Digging Roots, The Pappy John Blues Band and Aboriginal Hip-Hop artists Tumivut who combine traditional throat singing with modern day rap.

Extreme Makeover: Home Edition (s/ABC): Sunday, January 31 at 8:00pm ET/PT (7:00pm CT, 9:00pm MT)

Extreme Makeover: Home Edition travels to Davidson County, NC – with celebrity volunteers Jewel & Ty Murray -- to meet Tricia Creasey, a beloved teacher who is battling stage-four cancer while her husband struggles to keep their home livable for their family. The Creaseys bought their home as a fixer-upper, but the necessary repairs and renovations have taken a back seat to Tricia's medical care. Numerous structural problems such as holes in the floor, walls and roof -- where animals can get in -- cracks in the foundation, lack of insulation, and extensive water damage from a leaking roof create additional, everyday obstacles and hazards for Tricia and the entire family. Now it's up to Ty and the gang to build William, 40, Tricia, 37, Brittany, 12, Makenzie, 5, and Makayla, 5, a new home that will not only be a safe place for Tricia to battle her cancer, but provide a place for family, friends and the community to gather and offer support.

Chuck (s/NBC): Sunday, January 31 at 9:00pm ET/PT (8:00pm CT/ MT)

Chuck (Zachary Levi) juggles his two lives as he trains new Nerd Herder Hannah (guest star Kristin Kreuk) and gets his very own asset who is caught up with The Ring. Chuck thinks he can handle his asset all on his own but Sarah (Yvonne Strahovski) and Casey (Adam Baldwin) feel the need to intercede. Meanwhile, Awesome (Ryan McPartlin) must lie to Ellie (Sarah Lancaster) when she starts to ask questions about Chuck and Morgan (Joshua Gomez), Jeff (Scott Krinsky) and Lester (Vik Sahay) do some recon work to learn more about Hannah (Kristin Kreuk, *Smallville*)

Citytv™ television stations in Toronto, Vancouver, Calgary, Edmonton and Winnipeg offer viewers intensely-local, urban-oriented, culturally-diverse television programming. A distinct alternative to other conventional television stations, **Citytv** engages its viewers with dynamic on-air personalities and delivers an entertaining mix of news, local-interactive formats such as: Breakfast Television and CityLine; as well as local Canadian and US acquired prime time entertainment programming. **Citytv** is a part of Rogers Broadcasting Limited, a division of Rogers Communications Inc. (TSX: RCI and NYSE: RCI) which is a diversified Canadian communications and media company. For more information on **Citytv** stations and programming, visit www.Citytv.com

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