				Dec 26-Jan 1				
TIME	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022	Saturday, December 31, 2022	Sunday, January 1, 2023	TIME
12:00 AM							The Great American Recipe	12:00 AM
12:30 AM								12:30 AM
1:00 AM							The Jazzy Vegetarian	1:00 AM
1:30 AM							Ellie's Real Good Food	1:30 AM
2:00 AM							Classical Stretch: By Essentrics	2:00 AM
2:30 AM							Happy Yoga with Sarah Starr	2:30 AM
3:00 AM							It's Sew Easy	3:00 AM
3:30 AM							Wyland's Art Studio	3:30 AM
4:00 AM							Classical Stretch: By Essentrics	4:00 AM
4:30 AM							Classical Stretch: By Essentrics	4:30 AM
5:00 AM							The Jazzy Vegetarian	5:00 AM
5:30 AM							Ellie's Real Good Food	5:30 AM
6:00 AM							Trails to Oishii Tokyo	6:00 AM
6:30 AM							Journeys In Japan	6:30 AM
7:00 AM							J Schwanke's Life In Bloom	7:00 AM
7:30 AM							Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM							The Great American Recipe	8:00 AM
8:30 AM								8:30 AM
9:00 AM							The Great American Recipe	9:00 AM
9:30 AM								9:30 AM
10:00 AM							The Great American Recipe	10:00 AM
10:30 AM								10:30 AM
11:00 AM							The Great American Recipe	11:00 AM
11:30 AM								11:30 AM
12:00 PM							The Great American Recipe	12:00 PM
12:30 PM								12:30 PM
1:00 PM							The Great American Recipe	1:00 PM
1:30 PM								1:30 PM
2:00 PM							The Great American Recipe	2:00 PM
2:30 PM								2:30 PM
3:00 PM							The Great American Recipe	3:00 PM
3:30 PM								3:30 PM
4:00 PM							Craft In America	4:00 PM
4:30 PM								4:30 PM
5:00 PM							The Great American Recipe	5:00 PM
5:30 PM								5:30 PM
6:00 PM							Richard Bangs' Adventures with Purpose Greece: Quest for the Gods	
6:30 PM								6:30 PM
7:00 PM							My Greek Table with Diane Kochilas	7:00 PM
7:30 PM							Lidia's Kitchen Christopher Kimball's Milk Street	7:30 PM
8:00 PM							Television	8:00 PM
8:30 PM							America's Test Kitchen	8:30 PM
9:00 PM							America's Test Kitchen	9:00 PM
9:30 PM							Ellie's Real Good Food	9:30 PM
10:00 PM							The Great American Recipe	10:00 PM
10:30 PM								10:30 PM
11:00 PM							Craft In America	11:00 PM
11:30PM								11:30PM

				Jan 2-8				
TIME	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023	Saturday, January 7, 2023	Sunday, January 8, 2023	TIME
12:00 AM	Richard Bangs' Adventures with Purpose	This Old House	This Old House	This Old House	This Old House	This Old House	B1 1 01 1 1 1 1 5	12:00 AM
12:30 AM	Greece: Quest for the Gods	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Rick Steves Art of Europe	12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM	The Legacy List with Matt Paxton	Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvasing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	America's Test Kitchen	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	America's Test Kitchen	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Cook's Country	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	America's Test Kitchen	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Cook's Country	America's Test Kitchen	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	America's Test Kitchen	Cook's Country	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	America's Test Kitchen	America's Test Kitchen	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Cook's Country	Cook's Country	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Cook's Country	America's Test Kitchen	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	America's Test Kitchen	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	America's Test Kitchen	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Cook's Country	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Cook's Country	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Rick Steves Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	Nick Steves Ait of Europe	Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Roadfood	Jacques Pepin: Heart & Soul	100 Days, Drinks, Dishes and Destinations	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Cook's Country	Pati's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Clair III America	Grant III America	4:30 PM
5:00 PM	The Great American Recipe	The Great American Recipe	The Great American Recipe	America's Test Kitchen	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	5:00 PM
5:30 PM	The Great American Necipe	The Great American Necipe	The Great American Necipe	Cook's Country	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Cook's Country	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	America's Test Kitchen	Nick dieves Air of Europe	Thick dieves Art of Europe	6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cook's Country	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	America's Test Kitchen	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	America's Test Kitchen	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television 100 Days, Drinks, Dishes and	America's Test Kitchen	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Roadfood	Jacques Pepin: Heart & Soul	100 Days, Drinks, Dishes and Destinations	Cook's Country	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Cook's Country	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	The Great American Recipe	The Great American Recipe	The Great American Recipe	America's Test Kitchen	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	10:00 PM
10:30 PM	mo Groat and roupe	The Gratination Recipe	The Great American recipe	Cook's Country	Lucky Chow	Best of the Joy of Painting	America's Test Kitchen	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			11:30PM

				Jan 9-15		T	T	
TIME	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023	Saturday, January 14, 2023	Sunday, January 15, 2023	TIME
12:00 AM	Rick Steves Art of Europe	This Old House	This Old House	This Old House	This Old House	This Old House	Rick Steves Art of Europe	12:00 AM
12:30 AM		Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	·	12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM		Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvasing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Christina Cooks: Back to the Cutting Board	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	The Jazzy Vegetarian	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Yoga In Practice	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Christina Cooks: Back to the Cutting Board	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Classical Stretch: By Essentrics	The Jazzy Vegetarian	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Christina Cooks: Back to the Cutting Board	Yoga In Practice	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Yoga In Practice	The Jazzy Vegetarian	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Christina Cooks: Back to the Cutting Board	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	The Jazzy Vegetarian	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Yoga In Practice	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Classical Stretch: By Essentrics	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights		Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	Rick Steves Art of Europe	Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Cook's Country	Pati's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Craft In America	Craft In America	4:30 PM
5:00 PM	Cook's Country	Cook's Country	America's Test Kitchen	Cook's Country	Christina Cooks: Back to the Cutting Board	Best of the Joy of Painting	Christina Cooks: Back to the Cutting Board	5:00 PM
5:30 PM	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	Cook's Country	The Jazzy Vegetarian	Best of the Joy of Painting	The Jazzy Vegetarian	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Yoga In Practice			6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Christina Cooks: Back to the Cutting	Rick Steves Art of Europe	Rick Steves Art of Europe	6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Board The Jazzy Vegetarian	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Classical Stretch: By Essentrics	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christina Cooks: Back to the Cutting	Ciao Italia	Christopher Kimball's Milk Street	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street	Lidia's Kitchen	Christopher Kimball's Milk Street	Board The Jazzy Vegetarian	How She Rolls	Television America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Television Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Television Field Trip with Curtis Stone	Yoga In Practice	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Cook's Country	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Best of the Joy of Painting	Christina Cooks: Back to the Cutting	10:00 PM
10:30 PM	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	Cook's Country	Lucky Chow	Best of the Joy of Painting	Board The Jazzy Vegetarian	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	_ soc or the coy or r amiling	The outry regordinal	11:00 PM
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street	America's Test Kitchen	Craft In America	Craft In America	11:30PM
11:30FW	wy Greek Table with Diane Kochilas	Liula's Nitchell	America's rest Niturefi	Television	America's rest Nitcheff			11:30FM

				Jan 16-22				
TIME	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023	Saturday, January 21, 2023	Sunday, January 22, 2023	TIME
12:00 AM		This Old House	This Old House	This Old House	This Old House	This Old House		12:00 AM
12:30 AM	Rick Steves Art of Europe	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Rick Steves Art of Europe	12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM	THE LEGACY LIST WITH MAIL PARTON	Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvasing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Samantha Brown's Places to Love	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Samantha Brown's Places to Love	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Samantha Brown's Places to Love	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Samantha Brown's Places to Love	Samantha Brown's Places to Love	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Samantha Brown's Places to Love	Samantha Brown's Places to Love	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Samantha Brown's Places to Love	Samantha Brown's Places to Love	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Samantha Brown's Places to Love	Samantha Brown's Places to Love	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Samantha Brown's Places to Love	Samantha Brown's Places to Love	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Samantha Brown's Places to Love	Samantha Brown's Places to Love	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Samantha Brown's Places to Love	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	Samantha Brown's Places to Love	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Samantha Brown's Places to Love	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Samantha Brown's Places to Love	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Diek Steven Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Rick Steves Art of Europe	Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Cook's Country	Pati's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	0.01.4	0.01.4	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Craft In America	Craft In America	4:30 PM
5:00 PM	Yoga In Practice	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	Yoga In Practice	Samantha Brown's Places to Love	Best of the Joy of Painting	Samantha Brown's Places to Love	5:00 PM
5:30 PM	Christina Cooks: Back to the Cutting Board	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Classical Stretch: By Essentrics	Samantha Brown's Places to Love	Best of the Joy of Painting	Samantha Brown's Places to Love	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Samantha Brown's Places to Love	B: 1.0: 1.1.15	8:10: 4:75	6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Rick Steves Art of Europe	Rick Steves Art of Europe	6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Samantha Brown's Places to Love	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Samantha Brown's Places to Love	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Samantha Brown's Places to Love	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	Samantha Brown's Places to Love	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Samantha Brown's Places to Love	Crossing South	Samantha Brown's Places to Love	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Samantha Brown's Places to Love	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Yoga In Practice	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	Yoga In Practice	America's Test Kitchen	Best of the Joy of Painting	Samantha Brown's Places to Love	10:00 PM
10:30 PM	Christina Cooks: Back to the Cutting Board	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Classical Stretch: By Essentrics	Lucky Chow	Best of the Joy of Painting	Samantha Brown's Places to Love	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Croft In A	Coaft In A	11:00 PM
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	11:30PM

				Jan 23-29				-
TIME	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023	Saturday, January 28, 2023	Sunday, January 29, 2023	TIME
12:00 AM		This Old House	This Old House	This Old House	This Old House	This Old House		12:00 AM
12:30 AM	Rick Steves Art of Europe	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Rick Steves Art of Europe	12:30 AN
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM		J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM	The Legacy List with Matt Paxton	Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah	Painting with Wilson Bickford	Landscapes Through Time with David	Paint This with Jerry Yarnell	Canvasing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	Bansemer This Old House	This Old House	Dunlop This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop		Craftsman's Legacy	-	This Old House	Classical Stretch: By Essentrics	4:30 AM
	Dining with the Chef		Classic Woodworking		American Woodshop		•	5:00 AM
5:00 AM		Tastemakers	How She Rolls	Ciao Italia Christopher Kimball's Milk Street	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Family Travel with Colleen Kelly	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Family Travel with Colleen Kelly	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Family Travel with Colleen Kelly	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Family Travel with Colleen Kelly	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Family Travel with Colleen Kelly	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	Family Travel with Colleen Kelly	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Family Travel with Colleen Kelly	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Family Travel with Colleen Kelly	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights		Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Rick Steves Art of Europe	Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Television Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Cook's Country	Pati's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street	Lidia's Kitchen	Christopher Kimball's Milk Street	America's Test Kitchen	T dit 3 Wickloam Table	Nok olemno. Olorytener in the retorien	4:00 PM
4:00 PM		Television		Television		Craft In America	Craft In America	4:00 PM
	Lucky Chow	Lucky Chow Samantha Brown's Places to Love	Lucky Chow Samantha Brown's Places to Love	Lucky Chow	Lucky Chow Family Travel with Colleen Kelly	Reat of the love of Deletine	Family Travel with Colleen Kelly	4:30 PM 5:00 PM
5:00 PM	Samantha Brown's Places to Love			Samantha Brown's Places to Love		Best of the Joy of Painting		
5:30 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Family Travel with College Kelly	Best of the Joy of Painting	Family Travel with Colleen Kelly	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Family Travel with Colleen Kelly	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Family Travel with Colleen Kelly			6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Family Travel with Colleen Kelly	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Family Travel with Colleen Kelly	Tastemakers	Lidia's Kitchen Christopher Kimball's Milk Street	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow Christopher Kimball's Milk Street	Lucky Chow	Lucky Chow Christopher Kimball's Milk Street	Family Travel with Colleen Kelly	Ciao Italia	Television	8:00 PM
8:30 PM	America's Test Kitchen	Television	Lidia's Kitchen	Television	Family Travel with Colleen Kelly	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Family Travel with Colleen Kelly	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pati's Mexican Table	Family Travel with Colleen Kelly	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	America's Test Kitchen	Best of the Joy of Painting	Family Travel with Colleen Kelly	10:00 PM
10:30 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Lucky Chow	Best of the Joy of Painting	Family Travel with Colleen Kelly	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Ciait III Ailleilea	Giait III Ailleilea	11:30PM

				Jan 30-31				
TIME	Monday, January 30, 2023	Tuesday, January 31, 2023	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	Saturday, February 4, 2023	Sunday, February 5, 2023	
12:00 AM	Dick Stoyes Art of Europe	This Old House						
12:30 AM	Rick Steves Art of Europe	Ask This Old House						
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe						
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting						
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom						
2:30 AM	The Legacy List with Matt Paxton	Culture Quest						
3:00 AM	Best of Sewing with Nancy	Quilting Arts						
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer						
4:00 AM	This Old House	This Old House						
4:30 AM	Ask This Old House	Woodsmith Shop						
5:00 AM	Dining with the Chef	Tastemakers						
5:30 AM	Fit to Eat	Lidia's Kitchen						
6:00 AM	Discover The Upper Cumberland	Daytripper						
6:30 AM	Seeing Canada	Joseph Rosendo's Travelscope						
7:00 AM	Rick Steves' Europe	Rick Steves' Europe						
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting						
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers						
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen						
9:00 AM	Best of Sewing with Nancy	Quilting Arts						
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemer						
10:00 AM	This Old House	This Old House						
10:30 AM	Ask This Old House	Woodsmith Shop						
11:00 AM	Best of Sewing with Nancy	Quilting Arts						
11:30 AM	America's Test Kitchen	Cook's Country						
2:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers						
2:30 PM	Fit to Eat	Lidia's Kitchen						
1:00 PM	Discover The Upper Cumberland	Daytripper						
1:30 PM	Seeing Canada	Joseph Rosendo's Travelscope						
2:00 PM	Rick Steves' Europe	Rick Steves' Europe						
2:30 PM	Lucky Chow	Lucky Chow						
3:00 PM	Simply Ming	Sara's Weeknight Meals						
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton						
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television						
4:30 PM	Lucky Chow	Lucky Chow						
5:00 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						
5:30 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						
6:00 PM	Rick Steves' Europe	Rick Steves' Europe						
6:30 PM	Seeing Canada	Joseph Rosendo's Travelscope						
7:00 PM	In The Americas with David Yetman	Daytripper						
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting						
8:00 PM	Lucky Chow	Lucky Chow						
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television						
9:00 PM	Simply Ming	Sara's Weeknight Meals						
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton						
10:00 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						
10:30 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers						
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen						