

CABLE

companion



Lots of fresh choices are best
—in produce and in programs!

**IT'S ALL RIGHT
HERE ON
WAITSFIELD
CABLE!**

Enjoy more than 200 video and music channels including all of your local networks, community stations, news, weather, sports, entertainment, and HDTV. Waitsfield Cable is your local choice for the very best in cable entertainment!

CONTACT US

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496-3393

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CABLE companion

Dear Waitsfield Cable Viewer,

The warm weather months bring with them a beautiful variety of colors, from the many flowers in bloom throughout our community to the fruits and vegetables for sale at the Farmers Market on the Mad River Green. I encourage you to visit this Waitsfield event on Saturdays from 9 a.m. to 1 p.m., May through October, for all kinds of locally grown or made products. Free Wi-Fi is available on the Mad River Green thanks to our sister company, Green Mountain Access.



Speaking of variety, we strive to provide our Waitsfield Cable customers with plenty of choices in what you watch and how you watch it. On page 3 of this issue of *Cable Companion*, we share a Quick Reference Guide for Inside i-Guide® HD to help you search for great programming to match your mood or interests. Then on pages 4 and 5, you'll find the current Digital Channel Guide arranged by categories and channel numbers. For ways to enhance your TV experience, check out the advantages of our HD Service and Premium Movie Packages on page 6 and our DVR Service on page 7.

Be sure to keep this publication near your TV so your family and visitors always have what they need to fully enjoy the colorful entertainment offered by Waitsfield Cable. Should you have questions, please contact us. We're happy to help.

Sincerely,



Gregg Haskin
President & CEO
Waitsfield Cable



Inside i-Guide® HD Quick Reference Guide

For your convenience, we've placed the descriptions and usage tips for some of the most frequently used i-Guide features here:

Quick Menu: Quick & Easy

The **Quick Menu** offers shortcuts to key i-Guide features. Just press **MENU** on your remote while you are using the guide or watching TV. You'll have easy access to your **DVR**, **On Demand**, **HD** programs, **Search** features, and **Parental Controls**.



Press the **◀▶** arrows on your remote to highlight an option, press **OK/SELECT** and you're on your way.

Listings By Time

Press **GUIDE** to access **Listings By Time**. Channel numbers and network call letters appear in the left column; program times along the top. Use **◀▶▶** arrows to navigate the channel lineup or to look ahead at upcoming shows.



Color coding makes it easy:
 Gray – Regular programs
 Purple – Movies

Green – Sports
 Light Blue – Kids' programs

Action Icons

From the **Listings By Time** grid, press **INFO** to learn more about a program. Use the **Action Icons** at the bottom to set **Recordings**, **Reminders**, **Parental Controls** and more.



Use the arrow **◀▶** buttons to highlight an icon.

Enhanced Searching

i-Guide offers expanded search capabilities so you can find your favorite shows faster and discover new ones. Search by **Category** or by **Title, Keyword, or Actor/Director**. With new integrated search, include TV Listings, On Demand, Pay-Per-View, and DVR options in your search results. Access Search from the **Quick Menu** or from the **Main Menu**.



To search by **Title, Keyword, or Actor/Director**, simply use the on-screen keyboard to spell out a title, topic, or name. i-Guide will display a list of matching shows. You can select **Save Search** or set an **Auto-Recording** right from any **Search** results screen.



Remote Control Features

Basic Navigation

- It's easy to get started. Press the **GUIDE** button on your remote to access the Listings By Time grid.
- **Blue** is always the highlight color. As you navigate listings using the remote, the highlight appears on screen to indicate the current selection.
- Press the **◀▶** or **▲▼** arrows that encircle the **OK/SELECT** button to move the highlight bar.
- Press **OK** to make a selection.
- Press the **EXIT** button to return to watching TV.



DIGITAL Channel Guide

Contact us at 496-5800 or visit www.waitsfieldcable.com for more information.

BROADCAST

3	WCAX (CBS) - Burlington, VT	Basic
4	WVNY (ABC) - Burlington, VT	Basic
5	WPTZ (NBC) - Plattsburgh, NY	Basic
6	CBMT (CBC) - Montreal, Que	Basic
7	WFFF (FOX) - Burlington, VT	Basic
9	WETK (PBS) - Burlington, VT	Basic
11	Waitsfield Cable - Mad River Valley Community Channel	Basic
12	Outside Television	Basic
150	Mountain Lake PBS-WCFE	Basic

ENTERTAINMENT

13	USA Network	Standard
14	FX Networks	Standard
15	Spike TV	Standard
16	TBS	Standard
17	TNT	Standard
18	WSBK - Boston, MA	Basic
19	WGN - Chicago, IL	Standard
20	WPIX (CW) - New York, NY	Basic
135	CW Plus	Standard

SPORTS

21	Major League Baseball Network	Standard
22	NBC Sports Network	Standard
23	NFL Network	Standard
24	NESN - New England Sports Network	Standard
25	ESPN Sports	Standard
26	ESPN2 Sports	Standard
27	ESPNU College Sports	Preferred
28	ESPN Classics	Preferred
29	ESPNNews	Preferred
31	The Golf Channel	Preferred
32	Fox Sports 1	Standard
33	The Tennis Channel	Standard
34	TVG2	Preferred
35	Sportsman Channel	Preferred
36	The Outdoor Channel	Preferred
132	SEC Network	Preferred

NEWS

38	The Weather Channel	Standard
39	Fox News Channel	Standard
40	CNBC	Standard
41	MSNBC News	Standard
42	CNN HLN News and Views	Standard
43	CNN	Standard
44	Mad River Valley Television (Community Access)	Basic
45	Mad River Valley Television (Municipal Meetings)	Basic
47	Fox Business News	Standard
48	Rural Free Delivery	Standard
49	C-SPAN	Basic
50	C-SPAN2	Basic

KIDS

56	The Disney Channel	Standard
57	Disney XD	Standard
58	Cartoon Network	Standard
59	Nickelodeon	Standard
60	Nick Jr.	Preferred
61	Nicktoons	Preferred
62	Teen Nick	Preferred
63	Discovery Family Channel	Preferred

FAMILY

65	Hallmark Movies & Mysteries	Preferred
66	Hallmark	Preferred
67	TVLand	Standard
68	Freeform	Standard
136	MeTV	Standard
139	PBS Kids	Standard

WOMEN

70	Lifetime Network	Standard
71	Oxygen	Standard
72	Lifetime Real Women	Preferred
74	Women's Entertainment	Preferred

LIFE/HOME

76	The Food Network	Standard
77	TLC	Standard
78	Travel Channel	Standard
79	Home & Garden TV	Preferred
80	OWN (Oprah Winfrey Network)	Preferred
81	Discovery Life	Preferred
82	Destination America	Preferred
84	Do It Yourself	Preferred
140	PBS Create	Standard

POP CULTURE

87	A&E	Standard
88	E!	Standard
89	truTV	Standard
90	Comedy Central	Standard
91	Bravo	Preferred
93	The Game Show Network	Preferred
95	Syfy	Preferred
96	Investigation Discovery	Standard
98	Chiller	Preferred
99	FXX	Standard

INFORMATION

101	The Discovery Channel	Standard
102	History	Standard
103	Animal Planet	Standard
104	National Geographic	Standard
105	American Heroes Channel	Preferred
106	The Science Channel	Preferred
107	FYI	Preferred
108	Viceland	Preferred
109	NASA	Preferred

151	MHz	Standard
152	PBS Plus	Standard

MOVIES

111	American Movie Classics	Standard
112	Lifetime Movie Network	Standard
113	Turner Classic Movies	Preferred
114	Sundance	Standard
115	Independent Film Channel	Preferred
133	WCAX 3.2 WCAXTRA	Standard

RELIGION

117	Trinity Broadcasting Network	Preferred
119	Eternal Word Television Network	Standard

MUSIC

120	MTV	Standard
121	VH1	Standard
122	Country Music Television	Standard
123	Fuse (MuchMusic)	Preferred
124	MTV 2	Preferred
125	Nick Music	Preferred
126	MTV Classic	Preferred
127	CMT Music	Preferred
128	VH1 Soul	Preferred

SHOPPING

130	The Home Shopping Network	Basic
131	QVC	Basic



REMOTE REMINDERS

- EXIT** Exit from current screen.
- PAGE +/-** Accesses pages above or below the information currently displayed.
- INFO** Displays information about the program currently playing or highlighted in the program guide.
- GUIDE** Displays the program guide listings.
- LAST** Returns to the previously tuned channel.

For additional instructions on using your Waitsfield Cable remote, visit www.waitsfieldcable.com or call our Customer Service Department at 496-5800.

HD CHANNELS

203 WCAX (CBS) HD	Basic HD	236 The Outdoor Channel HD	Preferred HD	287 A&E HD	Standard HD
204 WVNY (ABC) HD	Basic HD	238 The Weather Channel HD	Standard HD	288 E! HD	Standard HD
205 WPTZ (NBC) HD	Basic HD	239 Fox News Channel HD	Standard HD	290 Comedy Central HD	Standard HD
206 CBMT (CBC) HD	Basic HD	240 CNBC HD	Standard HD	291 Bravo HD	Preferred HD
207 WFFF (Fox) HD	Basic HD	241 MSNBC HD	Standard HD	295 Syfy HD	Preferred HD
209 WETK (PBS) HD	Basic HD	242 CNN HLN News and Views HD	Standard HD	296 Investigation Discovery HD	Standard HD
212 Outside Television HD	Basic HD	243 CNN HD	Standard HD	299 FXX HD	Standard HD
213 USA HD	Standard HD	256 The Disney Channel HD	Standard HD	301 The Discovery Channel HD	Standard HD
214 FX Networks HD	Standard HD	257 Disney XD HD	Standard HD	302 History HD	Standard HD
215 Spike TV HD	Standard HD	258 Cartoon Network HD	Standard HD	303 Animal Planet HD	Standard HD
216 TBS HD	Standard HD	259 Nickelodeon HD	Standard HD	304 National Geographic HD	Standard HD
217 TNT HD	Standard HD	265 Hallmark Movies & Mysteries	Preferred HD	306 The Science Channel HD	Preferred HD
221 Major League Baseball Network HD	Standard HD	266 Hallmark HD	Preferred HD	307 FYI HD	Preferred HD
222 NBC Sports Network HD	Standard HD	268 Freeform HD	Standard HD	309 NASA HD	Preferred HD
223 NFL Network HD	Standard HD	270 Lifetime Network HD	Standard HD	311 American Movie Classics HD	Standard HD
224 NESN HD	Standard HD	274 Women's Entertainment HD	Preferred HD	312 Lifetime Movie Network HD	Standard HD
225 ESPN HD	Standard HD	276 Food Network HD	Standard HD	315 Independent Film Channel HD	Preferred HD
226 ESPN 2 HD	Standard HD	277 TLC HD	Standard HD	350 Mountain Lake PBS-WCFE HD	Basic HD
227 ESPNU College Sports HD	Preferred HD	278 Travel Channel HD	Standard HD	352 PBS Plus HD	Standard HD
229 ESPNews HD	Preferred HD	279 HGTV HD	Preferred HD	354 Universal HD	Preferred HD
231 The Golf Channel HD	Preferred HD	280 OWN (Oprah Winfrey Network) HD	Preferred HD	355 Velocity HD	Standard HD
232 Fox Sports 1 HD	Standard HD	281 Discovery Life HD	Preferred HD	360 HBO HD	Premium HD
233 The Tennis Channel HD	Standard HD	282 Destination America HD	Preferred HD	370 Cinemax HD	Premium HD
		284 Do It Yourself HD	Preferred HD	380 Showtime HD	Premium HD
				390 Starz HD	Premium HD

PAY-PER-VIEW

Order Pay-Per-View 24 hours a day, 7 days a week by calling 496-1234 or visiting www.waitsfieldcable.com

500 inDemand 1 (PPV Events)
501 inDemand 2

FM STATIONS

88.5	CBME CBC-1 News/Talk
88.9	DMX 908 Classic Rock
89.3	WUSX Classic Rock
89.7	NOAA Weather
90.3	WFMT Classical
94.5	WMRW Community Radio-Warren
95.9	CKMF Dance/News
96.3	WDEV Variety
96.7	CKOI Progressive/Contemporary
97.1	CIRA Religious/Classical
97.9	CHOM Rock/News
99.1	WOKO Country
99.5	WEZF Adult Contemporary/News
99.9	WBTZ Alternative/News
100.3	WWFY Country
100.7	CBFX Classical/Jazz/World Music
101.1	WORK Classic Rock
101.5	CBM CBC-2 Classical/Jazz
101.9	WCVT Adult Contemporary
102.3	WVPR-2 VPR Classical
103.1	WLVB Country
103.5	CFQR Adult Contemporary
103.9	WXXX Classic Rock/News
104.7	WNCS Adult Alternative
105.1	WKOL Oldies
105.5	WIZN Classic Rock
105.9	CFGL Soft Adult Contemporary
106.5	WVPR-3 VPR BBC World Service
107.1	WHOM Adult Contemporary
107.5	WVPR-2 VPR Classical
107.9	WVPR-1 VPR News

PREMIUM MOVIE PACKAGES

HBO:		
400	HBO	Premium
401	HBO 2	Premium
402	HBO Signature	Premium
403	HBO Family	Premium
404	HBO Comedy	Premium
405	HBO Zone	Premium
Cinemax:		
410	Cinemax	Premium
411	More Max	Premium
412	Action Max	Premium
413	Thriller Max	Premium
Showtime/The Movie Channel:		
420	Showtime	Premium
421	Showtime 2	Premium
422	Showtime Showcase	Premium
423	Showtime Extreme	Premium
424	Showtime Next	Premium
425	Showtime Family Zone	Premium
426	Showtime Women	Premium
430	The Movie Channel	Premium
431	The Movie Channel XTRA	Premium
STARZ:		
450	STARZ	Premium
451	STARZ Edge	Premium
452	STARZ Cinema	Premium
453	STARZ Kids & Family	Premium
454	STARZ Comedy	Premium
455	STARZ In Black	Premium
460	STARZ ENCORE	Premium
461	STARZ ENCORE Westerns	Premium
462	STARZ ENCORE Classic	Premium
463	STARZ ENCORE Suspense	Premium
464	STARZ ENCORE Black	Premium
465	STARZ ENCORE Action	Premium
466	STARZ ENCORE Family	Premium

DIGITAL MUSIC CHANNELS (DMX)

900	Lite Classical	Preferred
901	Jazz Vocal Blends	Preferred
902	Hottest Hits	Preferred
903	Modern Country	Preferred
904	Alternative Rock	Preferred
905	Adult Contemporary	Preferred
906	Contemporary Christian	Preferred
907	Rock'n Roll Oldies	Preferred
908	Classic Rock	Preferred
909	Classic Hits Blend	Preferred
911	Rap	Preferred
912	Classic Jazz	Preferred
913	Blues	Preferred
914	Gospel	Preferred
915	Coffeehouse Rock	Preferred
916	Dance	Preferred
917	Trends	Preferred
918	Album Rock	Preferred
919	Today's Hits	Preferred
920	80's Hits	Preferred
921	70's Hits	Preferred
922	Classic R & B	Preferred
923	Traditional Country	Preferred
924	Soft Hits	Preferred
925	Retro Disco	Preferred
926	Groove Lounge	Preferred
927	Big Band Swing	Preferred
928	Smooth Jazz	Preferred
929	New Age	Preferred
930	Holidays & Happenings	Preferred
931	Great Standards	Preferred
932	Golden Oldies	Preferred
933	Y2K Hits	Preferred
934	Children's	Preferred

Basic Package

All channels in orange.

Standard Package

All channels in orange/green.

Preferred Package

All channels in orange/green/blue.

Premium Movie Packages

All channels in purple.

Movie Nights Really Pop

With HD and Premium Movie Packages



Are you looking for ways to make movie nights at home even better? Waitfield Cable offers all kinds of star-studded entertainment options sure to be big hits with your family and friends.

Topping the list are HD Service and Premium Movie Packages. These two go together like popcorn and butter. They're the perfect combo to take your Waitfield Cable TV package from pretty good to pretty amazing.

With HD Service, your eyes and ears are in for a real treat. You'll get an incredibly lifelike picture that's so vivid and crisp, it feels like you're right in the middle of the action. You can watch full-screen versions of movies—not to mention more of the big games—and see truer colors with sharper details. Plus, HDTV further enhances your movie night experience with high-quality digital sound.

Premium Movie Packages are your ticket to a dazzling collection of new and classic movies plus award-winning original series. You can subscribe to a single channel or choose one of our multi-channel packages for the best value. You're the director of your home's movies! Our Premium Movie Channels include:

- HBO
- Showtime/The Movie Channel
- Cinemax
- Starz/Encore

For a plot twist on movie nights, consider surprising your audience with nontraditional popcorn. Food Network offers recipes including Mustard-Pretzel and Sriracha-Lime. Go to www.foodnetwork.com/recipes/articles/ and choose "50 Flavored Popcorn Recipes" from the "123" list.

For more details on our HD Service and Premium Movie Packages, call 496-5800.



WATCHING A TV CHANNEL IN HIGH-DEFINITION JUST GOT EASIER

Waitfield Cable recently rolled out an enhancement to its interactive television i-Guide that automatically tunes to the High Definition (HD) channel a customer may select in standard definition (SD). If you have an HD set-top box, you no longer have to search for the HD version of the channel you want to watch—HD Auto tune does it automatically for you! In addition, all scheduled recordings in standard definition will automatically record in HD.

For more information on HD Auto Tune or subscribing to our HDTV service, please contact our Customer Service Department at 496-5800.




Enjoy TV on Your Schedule With Our DVR Service

With Digital Video Recording (DVR) Service from Waitsfield Cable, you're in control. You can pause live TV programs and start them again when you're ready. Rewind and replay programs so you don't miss a beat. Record up to 90 hours of your favorite programs and movies to create a personal entertainment library to view at your convenience. And fast-forward through the boring stuff when watching recorded programs and save time.

Once you've signed up for DVR service, simply follow the instructions to the right to record programs and manage your entertainment library.

Still have questions? Visit our website at www.waitsfieldcable.com for online user guides, tutorials, and additional DVR information.

Record Programs

It's easy to record with i-Guide. Press **REC** on your remote any time while watching TV for easy one-touch recording. Press  from the **Program Info** screen or from the guide listings to set up a one-time or series recording, or to set up an auto-recording from any **Search** results screen.

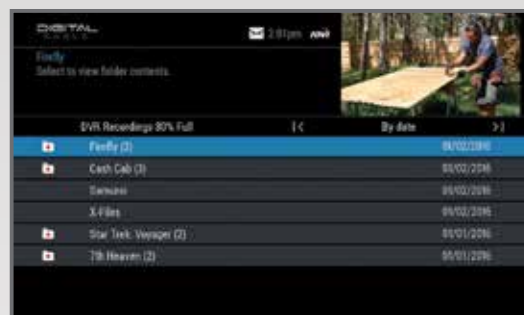
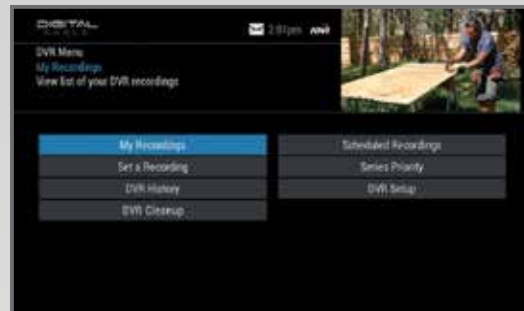
Manage Your Entertainment Library

i-Guide makes it easy to manage your recordings. Access the **DVR Menu** from  on the **Quick Menu** or **Main Menu**. From here, select **My Recordings** to view your list.

Series recordings are automatically grouped into **Folders** so you can quickly scroll through your list. Use the   arrows to select a series and then press **OK/SELECT**. Scroll through the list to find the episode you want.

DVR Cleanup lets you delete multiple shows at once, while **DVR History** keeps track of shows that were deleted. i-Guide makes it simple to organize your shows so you can enjoy watching on your schedule.

To search by **Title**, **Keyword**, or **Actor/Director**, simply use the on-screen keyboard to spell out a title, topic, or name. i-Guide will display a list of matching shows. You can select **Save Search** or set an **Auto-Recording** right from any **Search** results screen.





TAKE YOUR FAVORITE PROGRAMS TO YOUR FAVORITE PLACES

ENJOY FREE WATCHTVEVERYWHERE

WatchTVEverywhere streams programming from your qualifying Waitsfield Cable TV package—including live TV and full episodes of current TV shows—to your mobile device. Since it works anywhere with Wi-Fi, you can stay entertained while you're traveling.

To start enjoying WatchTVEverywhere, register online at www.watchteverywhere.com and select Waitsfield Cable in the drop-down. Be sure to have your Waitsfield Cable account number handy.

Some restrictions apply. Call us at 496-5800 for details.

