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'The Bachelor,' 'Superstore' on tap tonight

By Rex Hoffman | January 11, 2016

Stuck on the couch tonight? TimesReporter.com features editor Rex Huffman offers some of his top picks for television viewing in his daily series:

- On tonight's new episode of ABC's "**The Bachelor**," 10 of the women meet Ben at a Los Angeles high school for a trip down memory lane. "The Bachelor" airs at 8 p.m. on WEWS-TV Channel 5. Also tonight, Ben and Caila's date features a meeting with Ice Cube and Kevin Hart and a performance by Amos Lee; and the Love Lab tests six of the women's connection with Ben.
- A live episode of "**Bachelor Live**" follows at 10 p.m. on WEWS-TV Channel 5.
- Tune to NBC at 8 p.m. for a new episode of "**Superstore**." The show can be seen on WKYC-TV Channel 3 and WTOV-TV Channel 9. Tonight, when Amy's daughter, Emma, is without a baby-sitter for the day, Amy must defy store policy and secretly bring her to work. Also, Cheyenne and Mateo get into a fight over a couch, and Dina tracks a shoplifter.
- A new episode of "**Telenovela**" follows at 8:30 p.m. on WKYC-TV Channel 3 and WTOV-TV Channel 9. Tonight, Ana and Xavi try to top their rivals – a married couple on another telenovela – by building a home for a family in need. Also, Gael makes a discovery about his latest crush.
- NBC rounds out its Monday night programming at 9 p.m. with a two-hour episode of "**The Biggest Loser**." Tune to WKYC-TV Channel 3 or WTOV-TV Channel 9. Tonight, the contestants face a trivia challenge about unhealthy food. Also, **Dr. Huizenga** talks about the impact of food choices, and chef Lorena Garcia treats challenge winners to a crash course in healthy cooking and eating.

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