

SUNDAY EVENING

JANUARY 7, 2018

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	ABC Home Videos (N) hd		Shark Tank (N) hd		Shark Tank (N) hd		Local Programs		Local Programs	
	CBS Wisdom of the Crowd		NCIS: Los Angeles (N)		Madam Secretary (N)		Local Programs		Local Programs	
	NBC The 75th Annual Golden Globe Awards hd						Local Programs		Meet the Press hd	
	FOX Simpsons: Ghosted		Family Guy: Last Man		Local Programs				Local Programs	
	ION NCIS: Los Angeles hd		Criminal Minds hd		Criminal Minds hd		Criminal Minds: "Jane"		Criminal Minds hd	
CABLE	A&E The Town ('10, R) Ben Affleck hd		Black Mass ('15, R) hd ★★★½ Johnny Depp, Joel Edgerton hd		Black Mass ('15, R) hd				Black Mass ('15, R) hd	
	AMC Breaking Bad: "Kafkaesque" hd		Breaking Bad: "Fly" hd (C32) Breaking Bad hd		The Day After Tomorrow ('04) hd ★★½					
	ANIMAL North Woods Law (N)		North Woods Law (N)		Lone Star Law (N) hd		North Woods Law hd		Lone Star Law hd	
	BET Good Deeds ('12, PG-13) hd ★★ Tyler Perry, Thandie Newton hd				Martin		Martin		BET Inspiration (TV G)	
	BRAVO Real Housewives (N)		To Rome for Love (N)		Housewives (TV14)		Watch What Housewives (TV14)		To Rome	
	CARTOON King of Hill		King of Hill		Bob's Brgrs		Am. Dad		Family Guy	
	CMT (5:30) The Help ('11, PG-13)		Emma Stone hd		Hitch ('05, PG-13) hd ★★★ Will Smith, Eva Mendes hd				Rick/Morty	
	CNN CNN Newsroom (N) hd		Parts Unknown hd		Parts Unknown hd		Parts Unknown hd		Parts Unknown hd	
	COMEDY South Park		South Park		South Park		South Park		South Park	
	DISCOVERY Alaska: Last (N) hd		Alaska: The Last Frontier: "Hunting on Land" (N)		Alaska: The Last Frontier: "Hunting on Land" (N)					
	DISNEY Princess		Andi Mack		Stuck Mid.		Undercover		Andi Mack	
	E!		Kardashians (TV14) hd		Kardashians (N) hd		Revenge Body (N) hd		Revenge Body (N) hd	
	ESPN NFL Primetime hd		SportsCenter hd		SportsCenter hd		SportsCenter hd		SportsCenter hd	
	ESPN2 Championship Drive: "Countdown to Kickoff" hd		Road to		Road to		E-60: "10 Years" hd		ESPN FC hd	
	FOOD Guy's Grocery Games		Worst Cooks (N) hd		Beat Bobby		Beat Bobby		Worst Cooks (TV G) hd	
	FREEFORM The Lion King ('94, G) James Earl Jones hd		(C05) The Lion King II: Simba's Pride ('98, G) hd				The BoxTrolls ('14) hd			
	FX The Proposal ('09, PG-13) hd ★★★ Sandra Bullock hd				The Proposal ('09, PG-13) hd ★★★ Sandra Bullock hd					
	HGTV Hunt (N)		Hunt (N)		Bahamas		Bahamas		Bahamas	
	HISTORY Forged in Fire: Cutting Deeper: "Night of Ultimate Champions" (N) hd				Island Life		Carib Life		Bahamas	
	LIFETIME You Killed My Mother ('17, NR) hd				A Tale of Two Coreys ('18) hd				(C01) Forged in Fire hd	
	MTV (6:00) Breaking Dawn, Pt 1 ('11) hd ★★				The Twilight Saga: Breaking Dawn: Part 2 ('12, PG-13) hd ★★½				Catfish: The TV Show	
	NICK Full House		Full House		Full House		Prince		Friends	
	SPIKE Mess with Zohan ('08)		The Hangover ('09, R) hd ★★★½ Bradley Cooper, Ed Helms hd				Talladega Nights: Ballad ('06) hd ★★★			
	SYFY Twister hd		The Goonies ('85, PG) hd ★★★ Sean Astin, Josh Brolin hd				Season of the Witch ('11, PG-13) Nicolas Cage hd			
	TBS Old School ('03, R) Luke Wilson, Will Ferrell hd				Tower Heist ('11, PG-13) hd ★★½ Ben Stiller hd				Old School ('03, R) hd	
	TCM In a Lonely Place ('50, NR) Humphrey Bogart				The Bad and the Beautiful ('52, NR) Lana Turner				The Sheik ('21, NR) hd ★★★	
	TLC Sister Wives: "Meri Moving?" (TVPG) (N) hd				(C10) Unexpected (N) hd		(C03) Sister Wives: "Meri Moving?" (TVPG) (N) hd			
	TNT San Andreas ('15, PG-13) hd ★★★ Dwayne Johnson hd				Real Steel ('11, PG-13) hd ★★★ Hugh Jackman, Dakota Goyo hd					
	TRAVEL Food Paradise (N) hd		Best in Snow (N) hd		Best in Ice (N) hd		Ice Hotels... (TV G) hd		Best in Snow (TV G) hd	
	TV LAND Loves Ray		Loves Ray		Loves Ray		Loves Ray		Queens	
	USA Law & Order: SVU hd		Law & Order: SVU hd		Law & Order: SVU hd		Mod Family		Mod Family	
	VH1 Black Ink Crew hd		Black Ink Crew hd		Black Ink Crew hd		Love & Hip Hop Miami		Jacksons (TVPG)	
	WGN Blue Bloods (TV14) hd		Blue Bloods (TV14) hd		Blue Bloods (TV14) hd		Bones (TV14) hd		Bones (TV14) hd	
PREM	HBO Assassin's Creed ('16, PG-13) Brendan Gleeson				Why Him? ('16, R) hd ★★★ James Franco hd				Going in Style ('17) hd	
	MAX Unforgiven ('92, R) hd ★★★½ Clint Eastwood hd				War Dogs ('16, R) hd ★★★ Miles Teller, Jonah Hill hd				(C10) Ronin ('98, R) hd	
	SHOW Shameless		SMILF		Shameless (N) hd		The Chi: "Pilot" (N) hd		The Chi: "Pilot" hd	

Reader and husband must find a balance

DEAR HARRIETTE: I recently got married. My husband and I did not live together before marriage, so we are learning each other's idiosyncrasies now. One thing that is a problem is that I am a night owl, and he is a morning person. We hardly ever get in bed at the same time. I feel like one of us is constantly disturbing the other's sleep. I don't know a solution, though, because we have such different sleep patterns. What do you recommend?

-- Nighty Night, Denver

DEAR NIGHTY NIGHT: Getting enough sleep is essential for



your long-term health and happiness. Without proper rest, you can become irritable, which will trigger other challenges in your marriage. What can you do? First, you can try little things, like putting a dim night light by your side of the bed so that you can slip into bed without turning on the lights whenever you are ready to go to sleep.

Do not turn on any electronics, and try to settle quietly as you go to sleep. Make sure you have opaque curtains in your room so that in the morning the room stays dark when your husband gets up. He will need to be quiet when he gets up so as not to disturb you.

(Harriette Cole is a lifestyle and founder of DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.)

MONDAY EVENING

JANUARY 8, 2018

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	ABC The Bachelor (TVPG) (N) hd		Big Bang		Kevin Wait		Superior		S.W.A.T.: "Imposters"	
	CBS The Wall (TVPG) (N) hd		Better Late (N) hd		The Brave (N) hd		Local		Late Show (TV14) hd	
	NBC Lucifer: "Vegas with"		The Gifted (TVPG) hd		Local Programs				Local Programs	
	FOX Criminal Minds hd		Criminal Minds hd		Criminal Minds hd		Criminal Minds hd		Criminal Minds hd	
	ION Intervention: "Jessica"		Intervention (TV14) hd		Intervention (TV14) hd		Intervention (TV14) hd		Intervention: "Jessica"	
CABLE	A&E Pirates of the Caribbean: The Curse of the Black Pearl ('03, PG-13) hd				Fantastic 4: Rise of the Silver Surfer ('07) hd ★★½					
	AMC The Last Alaskans hd		The Last Alaskans hd		The Last Alaskans hd		The Last Alaskans hd		The Last Alaskans hd	
	ANIMAL (6:00) Set It Off ('96, R) Jada Pinkett Smith hd				Waiting to Exhale ('96, R) hd ★★½ Whitney Houston, Angela Bassett hd					
	BET Vanderpump Rules		Vanderpump Rules (N)		RelationShip (N)		Watch What Vanderpump Rules		Relation	
	BRAVO King of Hill		Am. Dad		Cleve. Show		Am. Dad		Bob's Brgrs	
	CARTOON (6:00) Dear John ('10, PG-13) hd ★★½ hd		Dear John ('10, PG-13) hd ★★½ Channing Tatum hd				CNN Tonight (N) hd		Cheerleaders hd	
	CMT Anderson Cooper 360°		CNN Special Report hd		CNN Tonight		CNN Tonight (N) hd		Anderson Cooper 360°	
	CNN South Park		South Park		South Park		South Park		South Park	
	COMEDY Street Outlaws: "Race to Bristol" (TV14) (N) hd				Street Outlaws (N) hd		Street Outlaws (N) hd		Street Outlaws hd	
	DISCOVERY Andi Mack		Stuck Mid.		Bizaard		Bizaard		BUNK'D	
	E!		Revenge Body hd		Kardashians (TV14) hd		WAGS Atlanta hd		E! News (N) hd	
	ESPN (C15) 2018 CFP National Championship (Live) hd								Postgame	
	ESPN2 (C15) 2018 CFP National Championship (Live) hd								(C45) College Football Final hd	
	FOOD Kids Baking (TV G) hd		Kids Baking (N) hd		Ridiculous		Cakes (N)		Cakes (N)	
	FREEFORM Monster		Bridesmaids ('11, R) hd ★★★ Kristen Wiig, Maya Rudolph hd				The 700 Club hd		She's All That ('99) hd	
	FX Fantastic Four ('15, PG-13) hd ★★½ Miles Teller hd				Fantastic Four ('15, PG-13) hd ★★½ Miles Teller hd				American Reunion ('12) hd	
	HGTV Hunters		Hunters		Home Town (N) hd		Hunters		Hunters	
	HISTORY Forged in Fire: Cutting Deeper (TVPG) hd								(C03) Knightfall	
	LIFETIME Fit to Fat to Fit (N) hd		Fit to Fat to Fit (N) hd		Fit to Fat to Fit (N) hd		Fit to Fat to Fit (N) hd		Fit to Fat to Fit (N) hd	
	MTV Teen Mom (TVPG) hd		Teen Mom (TVPG) hd		Teen Mom (TVPG) hd		Teen Mom (TVPG) hd		Teen Mom (TVPG) hd	
	NICK Full House		Full House		Full House		Prince		Friends	
	SPIKE Friends		Friends		Cops hd		Cops hd		Cops hd	
	SYFY Futurama		Futurama		Futurama		Futurama		Futurama	
	TBS Family Guy		Family Guy		Family Guy		Am. Dad		Am. Dad	
	TCM In Cold Blood ('67, R) hd ★★★½ Robert Blake, Scott Wilson hd						10 Rillington Place ('71, PG) hd ★★★			
	TLC My 600-lb Life hd		My 600-lb Life		"Cynthia's Story" (TV14) hd				My 600-lb Life hd	
	TNT Avatar ('09, PG-13) hd ★★★½ Sam Worthington, Zoe Saldana hd								(C39) TRON: Legacy ('10, PG) hd ★★★ hd	
	TRAVEL Bizarre hd		Man v Food		Man v Food		Booze Traveler (N) hd		Ginormous	
	TV LAND Loves Ray		Loves Ray		Loves Ray		Loves Ray		Mom hd	
	USA WWE Monday Night Raw		Top wrestlers clash with personalities		Love & Hip Hop Miami		Love & Hip Hop Miami		Love & Hip Hop Miami	
	VH1 Love & Hip Hop (N) hd		Love & Hip Hop (N) hd		Love & Hip Hop (N) hd		Love & Hip Hop (N) hd		Love & Hip Hop (N) hd	
	WGN M*A*S*H		M*A*S*H		M*A*S*H		M*A*S*H		M*A*S*H	
PREM	HBO David Bowie: Five Years ('17) hd				(C35) Sideways ('04, R) hd ★★★½ Paul Giamatti hd				(C45) King Arthur: Legend ('17) hd	
	MAX Neighbors 2: Sorority Rising ('16) hd				(C30) Doc Hollywood ('91, PG-13) hd				(C20) Absolutely Fabulous: The Movie ('16, R) hd	
	SHOW Shameless (TVMA) hd		The Chi: "Pilot" hd		Shameless (TVMA) hd		The Chi: "Pilot" hd		Inside the NFL hd	

TUESDAY EVENING

JANUARY 9, 2018

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
BROADCAST	ABC	The Middle	Fresh Off	black-ish	The Mayor	Kevin Saves: "Solo" (N)	Local	Jimmy Kimmel Live	hd	Nightline		
	CBS	NCIS (TV14) (N)		Bull: "Grey Areas" (N)		NCIS: New Orleans (N)	Local	Late Show (TV14)	hd	Corden		
	NBC	Ellen's Game of (N) (N)		This Is Us (N) (N)		Chicago Med (N) (N)	Local	(C35) Tonight Show	hd	Late Night		
	FOX	Lethal Weapon (N) (N)		LA Vegas	The Mick	Local Programs		Local Programs				
	ION	Criminal Minds: "Proof"		Criminal Minds	hd	Criminal Minds	hd	Criminal Minds	hd	Criminal Minds	hd	
CABLE	A&E	Intervention (TV14) (N)		Intervention (N) (N)		Undercover High (N) (N)		Undercover High (N) (N)		Intervention (TV14) (N)		
	AMC	Terminator 3: Rise of the Machines ('03, R) ★★½				Terminator 2: Judgment Day ('91, R) Arnold Schwarzenegger						
	ANIMAL	River Monsters		River Monsters: "Legend of Loch Ness"	hd			River Monsters	hd	River Monsters	hd	
	BET	Waiting to Exhale ('95, R) ★★½ Whitney Houston				What's Love Got to Do with It? ('93, R) ★★★ Angela Bassett	hd					
	BRAVO	Housewives (TV14)		Real Housewives (N)		Stripped (N)		Watch What Housewives (TV14)		Vanderpump		
CARTOON	King of Hill	Am. Dad	Cleve. Show	Am. Dad	Bob's Burgers	Bob's Burgers	Family Guy	Family Guy	Robot	Robot		
	CMT	Man Stand	Man Stand	American Pie ('99, R) ★★★ Jason Biggs, Chris Klein	hd			American Pie ('99, R) Jason Biggs	hd			
	CNN	Anderson Cooper 360°		Cuomo Prime Time (N)		CNN Tonight (N) (N)		CNN Tonight (N) (N)		Anderson Cooper 360°		
	COMEDY	South Park	South Park	Drunk Hist	Drunk Hist			Daily Show	Opposition	'70s Show	'70s Show	
	DISCOVERY	Moonshiners (N) (N)		Moonshiners (N) (N)		(C02) Death Ray (N) (N)		Moonshiners (TV14) (N)		Death Ray (TVPG) (N)		
DISNEY	Andi Mack	Stuck Mid.	Bizaard	Bizaard	BUNK'D	Jessie	hd	Andi Mack	Stuck Mid.	Undercover	Good Luck	
	E!	Dear John ('10, PG-13) ★★½ Channing Tatum	hd			E! News (N)	hd	Dear John ('10, PG-13) ★★½	hd			
	ESPN	(6:00) College Bball	hd	College Basketball (Live)	hd			SportsCenter	hd	SportsCenter	hd	
	ESPN2	(6:00) College Bball	hd	College Basketball (Live)	hd			Basketball	NFL Live	hd		
	FOOD	Chopped (TV G) (N)		Chopped (TV G) (N)	hd	Chopped (TV G) (N) (N)		Chopped (TV G) (N)		Chopped (TV G) (N)		
FREEFORM	The Fosters (N) (N)		A Walk to Remember ('02, PG) Shane West	hd			The 700 Club	hd	The Waterbury ('98) (N)			
	FX	Jack Reacher ('12, PG-13) ★★★ Tom Cruise, Rosamund Pike	hd			Jack Reacher ('12, PG-13) ★★★ Tom Cruise	hd					
	HGTV	Fixer Upper (TV G) (N)		Fixer Upper (N) (N)		Restored	Hunters	Fixer Upper (TV G) (N)		Fixer Upper (TV G) (N)		
	HISTORY	Oak Island (TVPG) (N)		Oak Island (N) (N)		Hunting Hitler (N) (N)		Oak Island (TVPG) (N)		Oak Island (TVPG) (N)		
	LIFETIME	Married	Married	Married at First Sight		Married	Married	Married	Married	Married	Married	
MTV	Teen Mom (TVPG) (N)		The Challenge	hd	The Challenge	hd	Florida Shore	hd	Florida Shore	hd		
	NICK	Full House	Full House	Full House	Full House	Prince	Prince	Friends	Friends	Friends	Friends	
	SPIKE	Ink Master (TV14) (N)		Ink Master (TV14) (N)		Ink Master (N) (N)		The Book of Eli ('10, R) Denzel Washington	hd			
	SYFY	(5:30) Pan ('15, PG) (N)		Marvel's The Avengers ('12, PG-13) Robert Downey Jr., Mark Ruffalo	hd			(C02) Paul ('11, R) ★★★				
	TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Drop Mic	hd	Conan (TV14) (N)	hd	Drop Mic	Conan
TCM	Brewster's Millions ('45, NR) ★★½		Once a Thief ('50, NR) ★★½				(C15) Sing Your Worries Away ('42)		Four Jacks			
	TLC	My Big Fat Fabulous Life "Ghosts" (N) (N)				I Am Jazz (TV14) (N) (N)		My Big Fat Fabulous Life "Ghosts" (TV14) (N)				
	TNT	Major Crimes	hd	Major Crimes (N) (N)		Major Crimes	hd	Law & Order: "Fabled"		Law & Order (TV14) (N)		
	TRAVEL	Bizarre	hd	Bizarre (N) (N)		Bizarre	hd	Bizarre	hd	Bizarre	hd	
	TV LAND	Loves Ray	Loves Ray	Loves Ray	Loves Ray	Teachers	Mom	hd	Queens	Queens	Queens	
USA	WWF SmackDown	Wrestlers compete	hd		Chrisley	Chrisley	Mod Family	Mod Family	Mod Family	Mod Family		
	VH1	Next Top Model (N) (N)		Love & Hip Hop	hd	Love & Hip Hop	hd	Next Top Model	hd	Love & Hip Hop	Miami	
	WGN	The Drop ('14, R) Tom Hardy, Naomi Rapace	hd	The Drop ('14, R) Tom Hardy, Naomi Rapace	hd			Rules	hd	Rules	hd	
	HBO	Everything, Everything ('17) ★★½		Deepwater Horizon ('16, PG-13) Dylan O'Brien				Assassin's Creed ('16, PG-13) (N)				
	MAX	RENO 911!: Miami ('07, R) ★★	hd	Broken Lizard's Super Troopers	hd	Fargo ('96, R) Frances McDormand				Altitude		
SHOW	Shameless (TVMA) (N)		Inside the NFL (N) (N)		The Chi: "Pilot"	hd	Inside the NFL (N) (N)		The Chi: "Pilot"	hd		