SUNDAY EVENING — FEBRUARY 4, 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 HD		Shark Tank (TVPG) HD		Shark Tank (TVPG) HD		Local Programs		Local Programs	
	CBS	NCIS (TV14) HD		NCIS: New Orleans HD		NCIS: Los Angeles HD		Local Programs		Local Programs	
	NBC	(5:00) Super Bowl LII (Live) HD				This Is Us (TV14) HD		(:15) Local	Tonight Show Jimmy Fallon (N) HD		
	FOX	Simpsons	Ghosted	Fam Guy	LA HD	Local Programs				Local Programs	
	ION	NCIS: Los Angeles HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD	
CABLE	A&E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
	AMC	The Walking Dead HD		The Walking Dead HD		The Walking Dead HD		The Walking Dead HD		The Walking Dead HD	
	ANIMAL	Puppy Bowl XIV: "Ruff vs. Fluff: Rematch" HD				Puppy Bowl XIV: "Pup-triots vs. B-eagles" HD				Puppy Bowl XIV HD	
	BET	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Stop Suffering	
	BRAVO	Atlanta Social (N) HD		Married to Medicine		To Rome for Love		Watch What	Housewives (TV14)		Housewives
	CARTOON	Hill	Hill	Burgers	Dad HD	Fam Guy	Fam Guy	Rick/Morty	Robot	Hot Street	Jellies
	CMT	Hope Floats ('98) HD		Hope Floats ('98, PG-13) ★★½ Sandra Bullock, Harry Connick Jr. HD						Cheerleaders HD	
	CNN	Death Row Stories		Death Row Stories		Death Row Stories		Death Row Stories		(:15) TBA	Death Row
	COMEDY	Chapplle	Chapplle	Chapplle	Chapplle	Chapplle	South Park: "Black Friday" HD			S. Park	S. Park
	DISCOVERY	Alaska: The Last Frontier: "Super Bull: The Blind Side" (TVPG) (N) HD						Alaska: Last (TVPG) HD		Alaska: Last (TVPG) HD	
	DISNEY	K.C. Undercover HD		Mack HD	Mack HD	Stuck Mid.	Stuck Mid.	BUNK'D	BUNK'D	Stuck Mid.	BUNK'D
	E!	American Wedding ('03, R) ★★½ Jason Biggs. HD				American Pie ('99, R) ★★★ Jason Biggs. HD				American Pie 2 ('01)	
	ESPN	2017 WSOP (Replay)		2017 WSOP (Replay)		Sports HD	NFL Primetime HD		SportsCenter HD		
	ESPN2	(6:00) Top Rank Boxing		Top Rank Boxing HD		Boxing	SportsCenter HD		American Cornhole League HD		
	FOOD	Worst Cooks (TV G) HD		Worst Cooks (N) HD		Worst Cooks (TV G) HD		Beat Bobby	Beat Bobby	Worst Cooks (TV G) HD	
	FREEFORM	Snow White and the Seven Dwarfs ('38, G) HD				Snow White and the Seven Dwarfs ('38, G) HD				Matilda ('96, PG) ★★★	
	FX	Minions ('15, PG) ★★★ Pierre Coffin. HD				Despicable Me 2 ('13, PG) ★★★½ Steve Carell. HD				Mike HD	Mike HD
	HGTV	Hunt HD	Hunt HD	Bahamas	Bahamas	Island Life	Island Life	Carib Life	Carib Life	Bahamas	Bahamas
	HISTORY	Ancient Aliens HD		Ancient Aliens HD		(:03) Ancient Aliens HD		(:03) Ancient Aliens HD		(:03) Ancient Aliens HD	
	LIFETIME	The Perfect Stalker ('16) ★★½ Danielle Savre. HD				(:02) The Perfect Soulmate ('17, NR) HD				The Perfect Stalker HD	
	MTV	Jersey Shore HD		Jersey Shore HD		Jersey Shore HD		Jersey Shore HD		Jersey Shore HD	
	NICK	Full House	Full House	Full House	Full House	Men HD	Men HD	Friends	Friends	Friends	Friends
	PARMT	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD
	SYFY	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Underworld: Evolution ('06, R) Kate Beckinsale.			
	TBS	Magic Mike XXL ('15, R) ★★½ Channing Tatum, Matt Bomer.					Step Brothers ('08, R) ★★★ Will Ferrell. HD				Teacher
	TCM	Black Narcissus ('47, NR) ★★★½ Deborah Kerr.				Zorba the Greek ('64, NR) ★★★ Anthony Quinn, Lila Kedrova.					Bernadette
	TLC	Seeking Sister Wife: "Let the Seeking Begin!" (TVPG) (N) HD						Seeking Sister Wife: "Let the Seeking" HD			
	TNT	The Hunger Games: Mockingjay - Part 1 ('14) HD				The Alienist (TVMA) HD		The Alienist (TVMA) HD		The Island ('05) ★★★	
	TRAVEL	Food Paradise HD		Food Paradise HD		Food Paradise HD		Food Paradise HD		Food Paradise HD	
	TV LAND	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.	Queens	Queens	Queens	Queens
	USA	Law & Order: SVU HD		Law & Order: SVU HD		Law & Order: SVU HD		Family HD	Family HD	Family HD	Family HD
	VH1	Love & Hip Hop Miami		Love & Hip Hop Miami		Love & Hip Hop Miami		Love & Hip Hop Miami		Love & Hip Hop HD	
	WGN	Mother HD	Mother HD	Mother HD	Mother HD	Mother HD	Mother HD	Bones (TV14) HD		Bones: "Fire in the Ice"	
PREM	HBO	(:10) Gifted ('17, PG-13) ★★★ Chris Evans. HD				Divorce	Crashing	2 Dope Queens HD		Divorce	Crashing
	MAX	Miss Peregrine's Home for Peculiar Children HD				(:10) House of Sand and Fog ('04, R) ★★★ HD				Strange Days ('95) HD	
	SHOW	The Chi: "Ghosts" HD		The Chi (TVMA) HD		Bad Moms ('16, R) Mila Kunis. HD			Office Christmas Party ('16, R) HD		

MONDAY EVENING — FEBRUARY 5, 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				The Good Doctor (N)		Local	Jimmy Kimmel Live HD		Nightline
	CBS	Kevin (N)	Plan (N)	Superior	9JKL (N)	Scorpion (TV14) (N) HD		Local	Late Show (TV14) HD		Corden
	NBC	The Wall (TVPG) (N) HD		Better Late (N) HD		The Best of U.S. (N) HD		Local	(:35) Tonight Show HD		Late Night
	FOX	Lucifer (TV14) (N) HD		The Resident (N)		Local Programs				Local Programs	
	ION	Criminal Minds HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD	
CABLE	A&E	Kids Who Kill HD		Silk Road: Drugs, Death, & The Dark Web (N)				(:03) Kids Who Kill (TV14) HD			
	AMC	The Green Mile ('99, R) ★★★★ Tom Hanks, Michael Clarke Duncan. HD								Draft Day ('14) ★★½ HD	
	ANIMAL	Alaska: Last (N) HD		Alaska: Last (N) HD		Alaska: Last (N) HD		Alaska: Last (TV14) HD		Alaska: Last (TV14) HD	
	BET	(6:00) All About the Benjamins ('02, R) Ice Cube.				Big Momma's House 2 ('06, PG-13) ★★ Martin Lawrence. HD					
	BRAVO	Vanderpump Rules		Vanderpump Rules (N)		Summer House (N) HD		Watch What	Vanderpump Rules		Summer
	CARTOON	Hill	Dad HD	Cleve. Show	Dad HD	Burgers	Burgers	Fam Guy	Fam Guy	Rick/Morty	Robot
	CMT	Live Free or Die Hard ('07, PG-13) ★★★ Bruce Willis, Timothy Olyphant. HD						Live Free or Die Hard ('07, PG-13) Bruce Willis.			
	CNN	Anderson Cooper 360°		Anderson Cooper 360°		CNN Tonight (N) HD		CNN Tonight (N) HD		Anderson Cooper 360°	
	COMEDY	S. Park	S. Park	S. Park	S. Park	S. Park	S. Park	Daily (N)	Opposition	The Office	The Office
	DISCOVERY	Street Outlaws: Full (N)		Street Outlaws (N) HD		Street Outlaws (N) HD		Street Outlaws HD		Street Outlaws HD	
	DISNEY	Mack HD	Stuck Mid.	Bizaard	Raven HD	Grav Falls	Grav Falls	Mack HD	Stuck Mid.	Bizaard	Raven HD
	E!	Mean Girls ('04, PG-13) ★★★ Lindsay Lohan. HD				10 Things I Hate About You ('99, PG-13) ★★★ HD				E! News (N) HD	
	ESPN	(6:00) College Bball HD		College Basketball: West Virginia vs Oklahoma				SportsCenter HD		SportsCenter HD	
	ESPN2	(6:00) Wom. Basketball		30 for 30: "The Two Bills" HD			30 for 30	Basketball	NFL Live HD		
	FOOD	Kids Baking (TV G) HD		Kids Baking (N) HD		Ridiculous	Ridiculous	Cake Hunt	Cake Hunt	Kids Baking (TV G) HD	
	FREEFORM	The DUFF	The Bounty Hunter ('10, PG-13) ★★ Jennifer Aniston. HD					The 700 Club HD		Havana Nights ('04) HD	
	FX	X-Men: Days of Future Past ('14, PG-13) ★★★½ Hugh Jackman. HD						X-Men: First Class ('11, PG-13) James McAvoy.			
	HGTV	Hunters	Hunters	Home Town (N) HD		Hunters	Hunters	Hunters	Hunters	Home Town (TV G) HD	
	HISTORY	American Pickers HD		American Pickers (N)		Pawn (N)	Pawn (N)	Pawn HD	Pawn HD	American Pickers HD	
	LIFETIME	The Simone Biles Story: Courage to Soar ('18)				(:02) To Be Announced		(:02) Simon Biles HD		Simone Biles ('18) HD	
	MTV	Teen Mom 2 HD		Teen Mom 2 (N) HD		(:01) Siesta Key (N) HD		Teen Mom (TVPG) HD		Catfish: The TV Show	
	NICK	Full House	Full House	Full House	Full House	Prince	Prince	Friends	Friends	Friends	Friends
	PARMT	Friends	Friends	Cops HD	Cops HD	Cops (N)	Cops HD	Cops HD	Cops HD	Cops HD	Cops HD
	SYFY	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama
	TBS	Fam Guy	Fam Guy	Fam Guy	Fam Guy	Dad HD	Dad HD	Conan (TV14) (N) HD		Detour HD	Conan HD
	TCM	An Inconvenient Truth ('06) Al Gore.				(:45) The Times of Harvey Milk ('84, NR) ★★★½			Woodstock: The Directors Cut ('94)		
	TLC	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD	NY ER HD
	TNT	(5:30) Ant-Man ('15) HD		The Alienist (N) HD		The Alienist (TVMA) HD		Law & Order (TV14) HD		Law & Order (TV14) HD	
	TRAVEL	Bizarre HD	Bizarre HD	Man v Food	Man v Food	Man v Food	Delicious	Booze Traveler (N) HD		Man v Food	Man v Food
	TV LAND	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.	Mom HD	Mom HD	Queens	Queens	Queens	Queens
	USA	WWE Monday Night Raw Top wrestlers clash with personalities. HD						Family HD	Family HD	Family HD	Family HD
	VH1	Love & Hip Hop (N) HD		Love & Hip Hop Miami		Love & Hip Hop HD		Love & Hip Hop Miami		Love & Hip Hop HD	
	WGN	The Guardian ('06, PG-13) ★★★ Kevin Costner, Ashton Kutcher. HD						Bellevue: "He's Back"		The Guardian ('06) HD	
PREM	HBO	Snatched ('17, R) Amy Schumer. HD			Westworld (TVMA) HD		(:45) Real Sports HD		Divorce	Scott Pilgrim ('10) HD	
	MAX	The Birth of a Nation ('16, R) ★★ Nate Parker. HD				The Good Lie ('14, PG-13) Reese Witherspoon.				(:55) Identity ('03, R) HD	
	SHOW	The Hateful Eight ('15, R) ★★★½ Samuel L. Jackson, Kurt Russell. HD						The Chi (TVMA) HD		The Trade (TVMA)	

TUESDAY EVENING — FEBRUARY 6, 2018

		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	ABC	Middle (N)	Boat (N)	black-ish	Family HD	Kevin Saves (N) HD		Local	Jimmy Kimmel Live HD		Nightline
	CBS	NCIS: "Keep Your" (N)		Bull: "Keep Your" (N)		NCIS: New Orleans (N)		Local	Late Show (TV14) HD		Corden
	NBC	Ellen's Game of (N) HD		This Is Us (N) HD		Chicago Med (N) HD		Local	Tonight Show (N) HD		Late Night
	FOX	Lethal Weapon (N) HD		LA (N) HD	The Mick	Local Programs				Local Programs	
	ION	Criminal Minds HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD		Criminal Minds HD	
CABLE	A&E	Intervention (TV14) HD		Intervention (N) HD		Undercover High (N) HD		Intervention (TV14) HD		Intervention (TV14) HD	
	AMC	Enemy of the State ('98, R) ★★★ Gene Hackman, Jon Voight. HD						U.S. Marshals ('98, PG-13) Tommy Lee Jones.			
	ANIMAL	(6:00) Killer Whales HD		River Monsters: "American Killers" (TVPG) HD				River Monsters: Legendary Locations HD			
	BET	(6:00) Big Momma's House 2 ('06, PG-13) ★★ HD				The Quad (TV14) (N) HD		The Quad (TV14) HD		Martin	Martin
	BRAVO	Beverly Hills Social (N)		Real Housewives (N)		Bethenny	Bethenny	Watch What	Housewives (TV14)		Bethenny
	CARTOON	Hill	Dad HD	Cleve. Show	Dad HD	Burgers	Burgers	Fam Guy	Fam Guy	Rick/Morty	Robot
	CMT	Zookeeper ('11, PG) ★★ Kevin James, Rosario Dawson. HD					Zookeeper ('11, PG) ★★ Kevin James, Rosario Dawson. HD				
	CNN	Anderson Cooper 360°		Anderson Cooper 360°		CNN Tonight (N) HD		CNN Tonight (N) HD		Anderson Cooper 360°	
	COMEDY	Drunk Hist	Drunk Hist	Drunk Hist	Drunk Hist	Drunk Hist	Period (N)	Daily (N)	Opposition	The Office	The Office
	DISCOVERY	Moonshiners (N) HD		Moonshiners (N) HD		Moonshiners (N) HD		Moonshiners (TV14) HD		Moonshiners (TV14) HD	
	DISNEY	Mack HD	Stuck Mid.	Bizaard	Raven HD	Grav Falls	Grav Falls	Mack HD	Stuck Mid.	Bizaard	Raven HD
	E!	10 Things I Hate About You ('99, PG-13) ★★★ HD				Kardashians (TV14) HD		E! News (N) HD		Sex & City	Sex & City
	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) HD		Chopped (TV G) HD		Chopped (TV G) (N) HD		Chopped (TV G) HD		Chopped (TV G) HD	
	FREEFORM	The Fosters (N) HD		(:01) The Wedding Planner ('01, PG-13) ★★ HD				The 700 Club HD		You Again ('10, PG) HD	
	FX	(6:30) Terminator Genisys ('15, PG-13) ★★★ HD				Baskets	Baskets	Baskets	This Is the End ('13, R) ★★★½ HD		
	HGTV	Fixer Upper (TV G) HD		Fixer Upper (N) HD		Restored	Hunters	Hunters	Hunters	Fixer Upper (TV G) HD	
	HISTORY	Oak Island (N) HD		Oak Island (N) HD		Hunting Hitler (N) HD		Oak Island (TVPG) HD		Oak Island (TVPG) HD	
	LIFETIME	Married	Married	Married at First Sight		This Time Next Year		Married at First Sight		Married	Married
	MTV	Ridiculous	Ridiculous	The Challenge (N) HD		(:01) The Challenge HD		Ridiculous	Ridiculous	Ridiculous	Ridiculous
	NICK	Full House	Full House	Full House	Full House	Prince	Prince	Friends	Friends	Friends	Friends
	PARMT	Friends	Friends	Ink Master (TV14) HD		Ink Master (N) HD		The Fast and the Furious: Tokyo Drift ('06) HD			
	SYFY	Witch Hunter ('15) HD		The Chronicles of Riddick ('04, PG-13) ★★½ Vin Diesel. HD				Dragon Blade ('15, R) Jackie Chan.			
	TBS	Bang HD	Bang HD	Bang HD	Bang HD	Bang HD	Detour (N)	Conan (TV14) (N) HD		Detour HD	Conan HD
	TCM	Air Force ('43, NR) ★★½ John Garfield. HD				(:15) The Adventures of Robin Hood ('38, NR) HD				West Was Won ('63)	
	TLC	My Fat Fab Life (N) HD		I Am Jazz (TV14) (N) HD		Seeking Sister Wife HD		My Fat Fab Life HD		I Am Jazz (TV14) HD	
	TNT	NBA Basketball: Washington vs Philadelphia (Live) HD					NBA Basketball: Oklahoma City vs Golden State (Live) HD				
	TRAVEL	Bizarre HD	Bizarre HD	Bizarre Foods (N) HD		Bizarre Foods HD		Bizarre Foods HD		Bizarre Foods HD	
	TV LAND	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.	Mom HD	Mom HD	Queens	Queens	Queens	Queens
	USA	WWE SmackDown Wrestlers compete. HD				Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley
	VH1	Next Top Model (N) HD		Love & Hip Hop HD		Love & Hip Hop Miami		Next Top Model HD		Waiting to Exhale ('95)	
	WGN	Edge of Tomorrow ('14, PG-13) Tom Cruise. HD				Bellevue (TVMA) (N)		Bellevue (TVMA)		Elementary (TV14) HD	
PREM	HBO	Charlie's Angels: Full Throttle ('03)			Divorce	High Maint	2 Dope Queens HD		(:50) The Take ('16, R) Idris Elba. HD		
	MAX	Big Business ('88, PG) Bette Midler.			(:40) 9 to 5 ('80, PG) Jane Fonda, Lily Tomlin. HD				Strike HD	Tour Bus	The Hunted
	SHOW	Hell or High Water ('16)		Inside the NFL (N) HD		The Chi (TVMA) HD		Inside the NFL HD		Sniper ('93, R) ★★½	

Midlife crisis causes stress and boredom

SENSE AND SENSITIVITY

HARRIETTE COLE

DEAR HARRIETTE: I am what we call middle-aged. I just turned 50, and it is unnerving me. I thought my life would be different than it is. Don't get me wrong -- things are OK. I am a single mom of an irritable teenage daughter. I have a good job and a nice home, but I am kind of bored with my life. When I was younger, I thought I would be living very differently by now.

I hate that I sound like I'm having a midlife crisis. Now I'm thinking there must be some truth to it. I am stressed and sad most of the time. I snap at my daughter on a daily basis, and I don't know how to get out of this spiral of emotions.

-- SOS, Dallas

DEAR SOS: Questioning your life's choices and value is common for men and women around your age. And, yes, it can be daunting to live through a period when things seem hopeless, stagnant or boring. Add to that a child who is discovering herself and pushing the boundaries, and you have a recipe for daily discomfort. One thing that could make you feel somewhat better is acknowledging that you are not alone. Many people suffer from similar feelings and attitudes at this stage in their lives. That said, if you cannot shake off the negativity, get some help. That can include professional support, like going to a therapist. You can also add an activity to your schedule that you consider fun. Pick a hobby, class or outing that you can do every week, either alone or with a friend, that will break your current patterns and get you to think differently about your life.

(Harriette Cole is a lifestylist 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.)

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