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JANUARY 5 - 11, 2020

STAR CHANNELS

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YOUR TV & ENTERTAINMENT MAGAZINE

HEARING VOICES

In an innovative, exciting departure from standard television fare, NBC presents **Zoe's Extraordinary Playlist**. Jane Levy stars as the titular character, Zoey Clarke, a computer programmer whose extremely brainy, rigid nature often gets in the way of her ability to make an impression on the people around her.

Premiering Tuesday, Jan. 7, on NBC.

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A penny for your songs

'Zoey's Extraordinary Playlist' premieres on NBC

By Sachi Kameishi
TV Media

If you'd told me a few years ago that musicals would be this culturally relevant in 2020, I would have been skeptical. For a while, tastes had changed — movies like "My Fair Lady" (1964) and "West Side Story" (1961) won Oscars in the '60s, but it's been many years since a musical has been taken quite that seriously. Today, though, musicals are popular enough to get both Academy Award nominations and prime-time network slots.

The musical has come a long way. Critically acclaimed movies like "La, La, Land" (2017), shows like "Glee" and "Crazy Ex-Girlfriend" and a stream of live-action Disney remakes have brought the genre back into the limelight, and its rebirth spans film, television, theater and podcasting. NBC is set to offer its own addition to the trend with its brand-new musical dramedy "Zoey's Extraordinary Playlist," premiering Tuesday, Jan. 7.

Starring Jane Levy ("Suburgatory") as the titular character, the show centers on the life of Zoey Clarke, a computer programmer whose extremely brainy, rigid nature often gets in the way of her ability to make an impression on the people around her. "All Zoey wanted was a connection ...," narrates the first trailer for the show, "... what she got, was so much more."

In an event not unlike your standard superhero origin story, an MRI scan gone wrong leaves Zoey with the ability to access people's innermost thoughts and feelings. It's like she becomes a mind reader overnight, her desire to fully understand what people want from her seemingly fulfilled. And it doesn't end there — remember, we're playing with musical rules here, there's a campy twist to all of this. "People are singing to me," Zoey explains. "Almost as if they were singing what they were thinking out loud."

One second, Zoey's having a regular conversation with her best friend, Max, played by Skylar Astin ("Pitch Perfect," 2012). Next thing she knows, he's singing and dancing to the Jonas Brothers' groovy hit "Sucker," making his secret feelings for her abundantly clear. In another scene from the musical dramedy, Zoey's at a café with her neighbor Mo (Alex Newell, "Glee"), trying to come to terms with her new ability, when she witnesses an elaborate, fully choreographed performance of DJ Khaled's "All I Do is Win," but Mo only sees "a bunch of mostly white people drinking overpriced coffee."

Skylar Astin and John Clarence Stewart in "Zoey's Extraordinary Playlist"

It's a fun premise for a show, one that indulges the typical musical's over-the-top, performative nature as much as it subverts what the genre tends to be. And the rest of the cast is nothing to sneeze at, either — John Clarence Stewart ("Luke Cage"), Lauren Graham ("Gilmore Girls"), Mary Steenburgen ("The Last Man on Earth") and Peter Gallagher ("The O.C.").

Creator and showrunner Austin Winsberg, whose diverse credits working on melodramas such as "Gossip Girl" and the "The Sound of Music Live!" sum up the unique tone of his new creation perfectly, has come up with a concept that I've never seen before: a musical that, through its lead, breaks its own fourth wall. It's pretty remarkable when you think about it, given that one of the biggest gripes surrounding the genre is the amount of suspension of disbelief required from the audience.

How do you make people buy into the emotional life of characters who transition from dialogue to song as though it were nothing?

Taking it at face value, people singing and dancing out of nowhere is very off-putting and absurd, right? Well, "Zoey's Extraordinary Playlist" kind of agrees, but it seems to have found its own solution to the problem. Instead of expecting the viewer to accept the musical numbers without question, why not have the lead character find the singing out of place, too?

Sunday

God Friended Me
KGMB 7 p.m.

Miles (Brandon Micheal Hall) realizes that the God account's friend suggestions are all clients of the same company, giving him a clue as to who is behind it all in this new episode. Violett Beane and Suraj Sharma also star in this drama.

Monday

Isn't It Romantic
HBO 6 p.m.

Natalie (Rebel Wilson) spent her whole life hating rom-coms, so when she hits her head and wakes up to find herself living in one, she tries to do whatever she can to get out of it. Liam Hemsworth and Adam DeVine also star in this fun comedy.

Tuesday

FBI: Most Wanted
KGMB 9 p.m.

Seasoned Fugitive Task Force agent Jess LaCroix (Julian McMahon) leads an undercover unit that is always in the field, tracking down the elite criminals on the FBI's most wanted list in this new spinoff series. Kellan Lutz and Roxy Sternberg also star.

Wednesday

Modern Family
KITV 8 p.m.

The Pritchett-Dunphy-Tucker clan's story comes to an end in the final season of the popular sitcom. The complexities of modern blended family life are hilariously portrayed in this series that stars Sofia Vergara, Julie Bowen and Ty Burrell.

Thursday

Deputy
KHON 8 p.m.

Bill (Stephen Dorff) is still having difficulties with the rules and responsibilities of being sheriff in this new episode. When a criminal who he has a personal history with shows up he refuses to star out of the field. Bobby Naderi guest stars.

Friday

Beetlejuice
FREE 6 p.m.

In this Tim Burton classic, a recently deceased couple, Adam (Alec Baldwin) and Barbara (Geena Davis) attempt to scare off a new family that has moved into their home. Being new to haunting they get help from a deranged ghost (Michael Keaton).

Saturday

John Wick: Chapter 3 - Parabellum
HBO 6 p.m.

Keanu Reeves stars as John Wick in the third installment of this popular action series. Since being excommunicated from the underground world of hitmen, a bounty has been placed on Wick's head. Now he faces ruthless assassins to have that bounty removed.

Monday

KHNL 9 p.m.

Manifest

After receiving a dire Calling, Ben Stone (Josh Dallas) goes off in search of fellow Flight 828 passengers who have mysteriously disappeared in this new episode of "Manifest," airing Monday, Jan. 6, on NBC. Meanwhile, the rest of the Stone family copes with the recent shooting.

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RuPaul's roadtrip

The quirky 'AJ and the Queen' premieres on Netflix

WHAT'S NEW ON NETFLIX

"AJ and the Queen"

RuPaul ("RuPaul's Drag Race") delivers a fabulous new series to Netflix on Friday, Jan. 10, when he stars as famous drag queen Ruby Red, aka Robert Lee, in this comedy series. The series follows Ruby after he is conned by his partner, Lady Danger (Tia Carrere, "Relic Hunter"), and left completely broke with his dream of opening a drag club destroyed. In an attempt to get his life back on track, he goes on a cross-country tour as Ruby. Just as he's heading out, he meets AJ (Izzy G., "The Highwaymen," 2019), a street-savvy 10-year-old who is trying to get away from his troubles at home by stowing away in Ruby's RV. He reluctantly agrees to bring AJ along, and the two form a surprising bond as they travel across the country. Don't miss the hilarity and heart of this fierce duo when "AJ and the Queen" premieres.

RuPaul in "AJ and the Queen"

BINGE THIS: PRIME VIDEO

"Chuck"

Spy TV tropes take a hilarious and modern turn in this series available for streaming. Chuck Bartowski (Zachary Levi, "Shazam!," 2019) lives a less-than-ordinary life. He got kicked out of university and lives with his sister, Ellie (Sarah Lancaster, "Everwood"), and her fiance, Devon (Ryan McPartlin, "L.A.'s Finest"). He has a job repairing computers at the local Buy More with his best friend, Morgan (Joshua Gomez, "Without a Trace"). His life is suddenly turned upside down when his former university roommate (who, coincidentally, got him kicked out) sends him an email on his birthday. What Chuck doesn't know is that his old classmate is now a CIA agent who has gone rogue, and that email is encrypted with a program called the Intersect, which uploads millions of government secrets to Chuck's brain when he opens it. Now, with his head filled with classified information, Chuck is the target of criminal organizations that want the information and technology for themselves. Luckily, he has two handlers — the beautiful and strong CIA agent Sarah Walker (Yvonne Strahovski, "The Handmaid's Tale") and the gun-happy and brutal NSA agent John Casey (Adam Baldwin, "Firefly"). Hilarity ensues as they go on missions while trying to protect Chuck, his family and his friends. Watch all five seasons of this fun series now.

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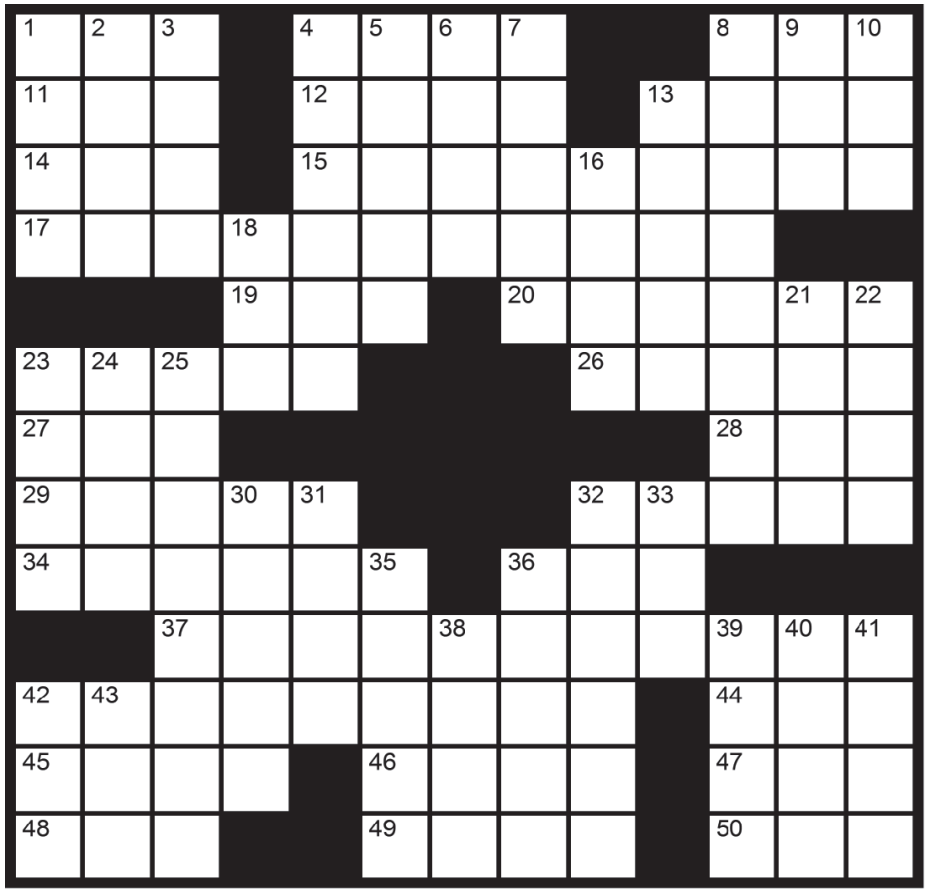
ACROSS

1 Horse doc
4 Hiker's need
8 Kid's cry
11 "The X-Files" finds, for short
12 Run a kingdom
13 Singer Celine
14 Bambi's aunt
15 Forever and ever
17 Rebooted drama about a group of siblings living without their parents
19 Aurora's Greek counterpart
20 "Blade" (1998) star Wesley
23 Four-door car
26 They can be neutralized by baking soda
27 Frigid substance that's everywhere in "Frozen II" (2019)
28 Cpl.'s superior
29 Persona non ___
32 Old newspaper sections
34 Semiaquatic beaverlike rodent
36 Suffix with musket
37 Reality series "Gordon Ramsay's 24 Hours to ___"
42 Behind the scenes
44 Hawaiian wreath
45 "First Man" (2018) actor Lukas
46 Heraldic shield border
47 Chem. unit
48 Kitchen sink feature
49 "Things are not always what they ___"
50 Soundless comm.

DOWN

1 Political number two
2 Sicilian mount
3 Ivan or Nicholas
4 Stalk, as a cat
5 Jam sources
6 Musical staff symbol
7 Saw cuts
8 Trail marker
9 MSN competitor
10 Unspecified number
13 "SEAL Team" star Boreanaz
16 El ___ (warm weather event)
18 Mad Hatter's drink
21 As a result
22 Jet-setters' jets, once
23 Finalize a contract
24 Neutral shade
25 Deadly mushroom



200105 © TV Media

30 Adventures through the stars in a sci-fi franchise
31 Is under the weather
32 Cash in a coupon
33 Heavenly body
35 Some choir members
36 "A Wrinkle in Time" author Madeleine L'___
38 River to the Rhine
39 ___ mater
40 Corp. heads
41 "A View to a Kill" (1985 James Bond flick)
42 Food preservative letters
43 Tiny battery

Solution on page 27

COOK • EAT • DRINK
crave

Every Wednesday in the
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Word Search

Solution on page 27

K L R E A F A J I T A S S V P
E B N E M E A T P I E M E E N
B R E L W O S O H C A N A O P
A I M E L O K S L Y I S M M W
B C A F F D L R D T D L E U E
S E R A E W U F A R A A I S T
E S R L Y L E C I S A E E H S
L G I A N A O L K L L L M R C
A O G F P S L R L B U A L O B
M D A R P A T A E I R A W O Y
A T T O O I R I B S N E C M C
T O O F R L N S O M S G A S O
M H N F O R L R N D A A T S E
S L I D E R S S U I S J C O T
S E R B M A L T S T P C O R N

Dinner's Ready

BEEFWELLINGTON
BREAD
CASSEROLE
CAULIFLOWER
CHILI
COLLARDS
CORN
DUCK BREAST
EGG ROLLS
FAJITAS
FALAFEL
HOT DOGS
JAMBALAYA
KEBABS
LAMB
MEAT PIE
MEATLOAF
MUSHROOMS
NACHOS
OKRA SLAW
PARSNIP
PEAS
RAMEN
RIBS
RICE
RIGATONI
SALMON
SLIDERS
STEW
TACOS
TAMALES
TURNIP
YAMS

Sudoku

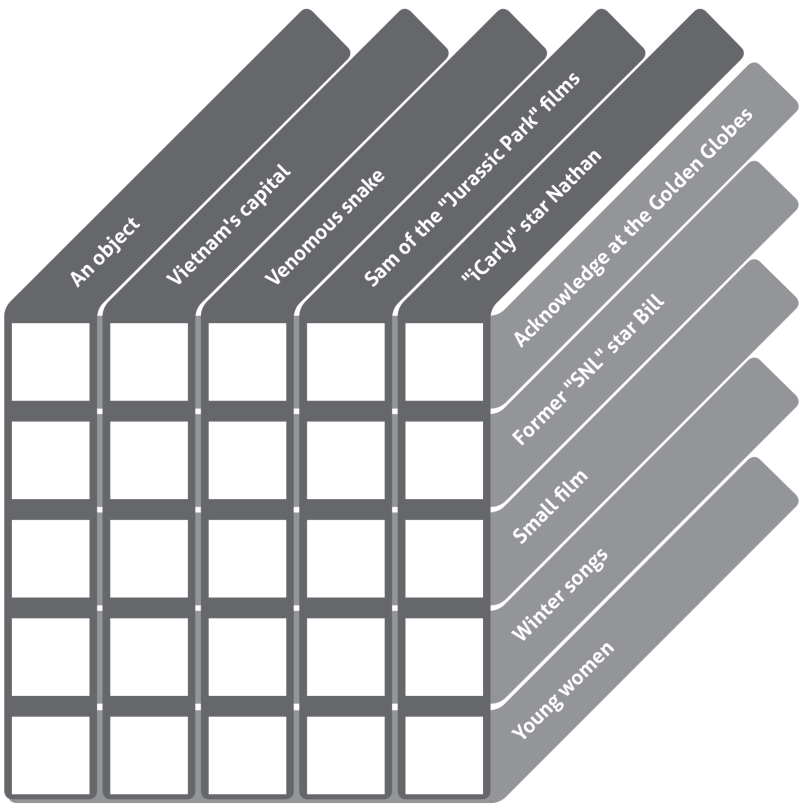
Solution on page 27

		2				1		
		5	7	9	1			2
				8			6	
		7		2		4		
				4				1
9		6					5	3
							1	
		8	5					
6							4	9

200105

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Take 5



Use the clues beside and below the grid to fill in the squares

Solution on page 27

Screen Scramble

Unscramble the letters for each word to reveal five movies and TV shows. Then, rearrange the circled letters to discover the actor who has appeared in all five.

R E E T M

R N S E T S O M N I E T U Y S I R V

N I I S E D L L N Y E W S A V D I

T E H G I B S E I K O W L B

S N A E R N O E

Answer: J

Solution on page 27

Basketball

Sunday

6 a.m. OCSPT NCAA Basketball Classics November 29, 2019 San Francisco vs. Hawaii (2:15)

7 a.m. ESPN2 NCAA Basketball Women's Michigan State at Michigan Ann Arbor, Mich.. *(Live)* (2:00)

FSWPT NCAA Basketball Women's Virginia vs. North Carolina State *(Live)* (2:00)

8 a.m. FSW NCAA Basketball Women's West Virginia vs. Kansas State *(Live)* (2:00)

8:30 a.m. KGMB NCAA Basketball Michigan at Michigan State E. Lansing, Mich.. *(Live)* (2:30)

9 a.m. ESPN2 NCAA Basketball Women's Cincinnati at South Florida Tampa, Fla.. *(Live)* (2:00)

10 a.m. FSW NCAA Basketball Women's Florida State vs. Miami (2:00)

10:30 a.m. FSWPT NBA Basketball New York Knicks at Los Angeles Clippers Los Angeles, Calif.. *(Live)* (2:30)

11 a.m. ESPN2 NCAA Basketball Women's Tennessee vs. Kentucky Lexington, Ky.. *(Live)* (2:00)

3:15 p.m. OCSPT Basketball Classics Women's Hope International vs. Hawaii Exhibition Game (1:45)

5 p.m. OCSPT NCAA Basketball Classics November 8, 2019 Florida A&M vs. Hawaii (2:00)

5:30 p.m. FSWPT NBA Basketball New York Knicks at Los Angeles Clippers Los Angeles, Calif.. (2:30)

9 p.m. FSWPT NCAA Basketball Women's West Virginia vs. Kansas State (2:00)

10 p.m. FSW NCAA Basketball St. John's at Xavier Cincinnati, Ohio. (2:00)

Monday

7 a.m. FSW NCAA Basketball Women's West Virginia vs. Kansas State (2:00)

10 a.m. FSWPT NBA Basketball New York Knicks at Los Angeles Clippers Los Angeles, Calif.. (2:00)

2 p.m. ESPN2 NCAA Basketball Women's Ohio State at Maryland (College Park) College Park, Md.. *(Live)* (2:00)

4 p.m. ESPN2 NCAA Basketball West Virginia at Oklahoma State Stillwater, Okla.. *(Live)* (2:00)

4:15 p.m. OCSPT NCAA Basketball Classics November 8, 2019 Florida A&M vs. Hawaii (2:00)

9 p.m. FSWPT NCAA Basketball Providence at DePaul Chicago, Ill.. (2:00)

9:45 p.m. OCSPT NCAA Basketball Classics November 15, 2019 Portland State vs. Hawaii (2:15)

11 p.m. FSWPT NCAA Basketball St. John's at Xavier Cincinnati, Ohio. (2:00)

Tuesday

6 a.m. OCSPT NCAA Basketball Classics Women's. November 5, 2019 San Diego State vs. Hawaii (1:45)

7 a.m. FSW NCAA Basketball Villanova at Marquette Milwaukee, Wis.. (2:00)

10 a.m. FSWPT NBA Basketball New York Knicks at Los Angeles Clippers Los Angeles, Calif.. (2:00)

2 p.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

4 p.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

5 p.m. OC16 H.S. Basketball Girls Punahou vs. KS-Kapalama *(Live)* (1:30)

6 p.m. ESPN2 NCAA Basketball *(Live)* (2:00)

6:30 p.m. OC16 H.S. Basketball Boys Maryknoll vs. KS-Kapalama *(Live)* (1:30)

7 p.m. OCSPT NCAA Basketball Classics November 11, 2019 Pacific vs. Hawaii (2:00)

10 p.m. FSW NCAA Basketball Providence at Marquette Milwaukee, Wis.. (2:00)

10:45 p.m. OC16 H.S. Basketball Girls Punahou vs. KS-Kapalama (1:30)

12:15 a.m. OC16 H.S. Basketball Boys Maryknoll vs. KS-Kapalama (1:30)

Wednesday

6 a.m. OCSPT NCAA Basketball Classics Women's. November 5, 2019 San Diego State vs. Hawaii (1:45)

7 a.m. FSW NCAA Basketball Villanova at Creighton Omaha, Neb.. (2:00)

11:45 a.m. OC16 H.S. Basketball Girls Punahou vs. KS-Kapalama (1:30)

1:15 p.m. OC16 H.S. Basketball Boys Maryknoll vs. KS-Kapalama (1:30)

2 p.m. ESPN2 NCAA Basketball *(Live)* (2:00)

2:30 p.m. ESPN NBA Basketball Denver Nuggets at Dallas Mavericks Dallas, Texas. *(Live)* (2:30)

FSWPT NCAA Basketball Florida State at Wake Forest Winston-Salem, N.C.. *(Live)* (2:00)

3 p.m. FSW NCAA Basketball Women's Oklahoma vs. Oklahoma State *(Live)* (2:00)

4 p.m. ESPN2 NCAA Basketball *(Live)* (2:00)

5 p.m. ESPN NBA Basketball Milwaukee Bucks at Golden State Warriors San Francisco, Calif.. *(Live)* (2:35)

9:30 p.m. ESPN2 NBA Basketball Milwaukee Bucks at Golden State Warriors San Francisco, Calif.. (2:00)

10 p.m. FSW NCAA Basketball St. John's at Georgetown Washington, D.C.. (2:00)

11 p.m. ESPN NBA Basketball Denver Nuggets at Dallas Mavericks Dallas, Texas. (2:00)

4 a.m. FSW NCAA Basketball St. John's at Georgetown Washington, D.C.. (2:00)

Thursday

6 a.m. FSW NCAA Basketball Seton Hall at Xavier Cincinnati, Ohio. (2:00)

9:30 a.m. OCSPT NCAA Basketball Classics November 24, 2019 New Orleans vs. Hawaii (2:00)

2 p.m. ESPN ESPN2 NCAA Basketball Women's *(Live)* (2:00)

FSWPT NCAA Basketball Women's North Carolina State vs. North Carolina (Chapel Hill) *(Live)* (2:00)

TNT NBA Basketball Boston Celtics at Philadelphia 76ers Philadelphia, Pa.. *(Live)* (2:30)

4 p.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

4:30 p.m. TNT NBA Basketball Houston Rockets at Oklahoma City Thunder Oklahoma City, Okla.. *(Live)* (2:30)

6 p.m. ESPN2 NCAA Basketball *(Live)* (2:00)

7 p.m. OCSPT NCAA Basketball Classics Women's. December 1, 2019 Texas vs. Hawaii (1:45)

8 p.m. TNT NBA Basketball Boston Celtics at Philadelphia 76ers Philadelphia, Pa.. (2:30)

Friday

10 a.m. OCSPT NCAA Basketball Classics November 29, 2019 San Francisco vs. Hawaii (2:15)

12:15 p.m. OCSPT Basketball Classics Women's Hope International vs. Hawaii Exhibition Game (1:45)

2 p.m. ESPN2 NCAA Basketball Northern Kentucky at UIC Chicago, Ill.. *(Live)* (2:00)

3 p.m. ESPN NBA Basketball New Orleans Pelicans at New York Knicks New York City, N.Y.. *(Live)* (2:30)

4 p.m. ESPN2 H.S. Basketball Huntington Prep vs. IMG Academy Bradenton, Fla.. *(Live)* (1:30)

5:30 p.m. ESPN FSWPT NBA Basketball Golden State Warriors at Los Angeles Clippers Los Angeles, Calif.. *(Live)* (2:30)

9 p.m. FSWPT NBA Basketball Golden State Warriors at Los Angeles Clippers Los Angeles, Calif.. (2:00)

10 p.m. ESPN2 NBA Basketball Golden State Warriors at Los Angeles Clippers Los Angeles, Calif.. (2:00)

11 p.m. FSW NCAA Basketball Butler at Providence Providence, R.I.. (2:00)

11:30 p.m. ESPN NBA Basketball New Orleans Pelicans at New York Knicks New York City, N.Y.. (2:00)

Saturday

7 a.m. KHON NCAA Basketball Ohio Dominican University at Indiana Bloomington, Ind.. *(Live)* (2:00)

ESPN NCAA Basketball Alabama at Kentucky Lexington, Ky.. *(Live)* (2:00)

ESPN2 NCAA Basketball Cincinnati at Central Florida Orlando, Fla.. *(Live)* (2:00)

FSW NCAA Basketball DePaul at St. John's Jamaica, N.Y.. *(Live)* (2:00)

8 a.m. KGMB NCAA Basketball Baylor at Kansas Lawrence, Kan.. *(Live)* (2:30)

9 a.m. KHON NCAA Basketball *(Live)* (2:00)

ESPN NCAA Basketball Louisville at Notre Dame Notre Dame, Ind.. *(Live)* (2:00)

ESPN2 NCAA Basketball Oklahoma State at TCU Fort Worth, Texas. *(Live)* (2:00)

FSW NCAA Basketball Women's Iowa State vs. Oklahoma *(Live)* (2:00)

FSWPT NCAA Basketball North Carolina State at Virginia Tech Blacksburg, Va.. *(Live)* (2:00)

11 a.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

FSW NCAA Basketball Women's Kansas State vs. Texas Tech *(Live)* (2:00)

11:30 a.m. FSWPT NCAA Basketball Clemson at North Carolina (Chapel Hill) Chapel Hill, N.C.. *(Live)* (2:00)

1 p.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

3 p.m. ESPN ESPN2 NCAA Basketball *(Live)* (2:00)

5 p.m. ESPN2 NCAA Basketball USC at UCLA Los Angeles, Calif.. *(Live)* (2:00)

7:30 p.m. OC16 H.S. Basketball Boys Moanalua vs. Kalaheo *(Live)* (1:30)

11 p.m. FSW NCAA Basketball Georgetown vs. Villanova (2:00)

11:15 p.m. OC16 H.S. Basketball Boys Moanalua vs. Kalaheo (1:30)

Boxing

Friday

4 p.m. SHOW Boxing Claressa Shields vs. Ivana Habazin Showtime: Special Edition Atlantic City, N.J.. *(Live)* (3:00)

Saturday

5 p.m. ESPN Boxing Jesse Hart vs. Joe Smith Top Rank Atlantic City, N.J.. *(Live)* (2:00)

Football

Sunday

8 a.m. KHON NFL Football NFC Wild Card Minnesota Vikings at New Orleans Saints New Orleans, La.. *(Live)* (3:00)

9 a.m. ESPN H.S. Football All-America Game (2:00)

11:40 a.m. KHNL NFL Football NFC Wild Card Seattle Seahawks at Philadelphia Eagles Philadelphia, Pa.. *(Live)* (3:20)

12:15 p.m. OCSPT NCAA Football Classics November 23, 2019 San Diego State vs. Hawaii (3:00)

9 p.m. OCSPT NCAA Football Classics November 16, 2019 Hawaii vs. UNLV (3:00)

10 p.m. ESPN NCAA Football Armed Forces Bowl University of Southern Mississippi vs. Tulane Fort Worth, Texas. (2:00)

Monday

10:15 a.m. OCSPT NCAA Football September 7, 2019 Oregon State vs. Hawaii (3:45)

2:30 p.m. ESPN NCAA Football LendingTree Bowl Louisiana-Lafayette vs. Miami (OH) Mobile, Ala.. *(Live)* (3:30)

10 p.m. ESPN NCAA Football Alabama Bowl Louisiana-Lafayette vs. Miami (OH) Mobile, Ala.. (2:00)

Tuesday

Noon FSWPT NCAA Football Holiday Bowl Iowa vs. USC San Diego, Calif.. (3:00)

12:45 p.m. OCSPT NCAA Football Classics September 19, 2019 Central Arkansas vs. Hawaii (3:30)

3 p.m. FSW NCAA Football Holiday Bowl Iowa vs. USC San Diego, Calif.. (3:00)

6 p.m. FSW NCAA Football Redbox Bowl California vs. Illinois Santa Clara, Calif.. (3:00)

9 p.m. OCSPT NCAA Football Classics November 23, 2019 San Diego State vs. Hawaii (3:00)

Wednesday

9 a.m. FSW NCAA Football Holiday Bowl Iowa vs. USC San Diego, Calif.. (3:00)

9:45 a.m. OCSPT NCAA Football Classics October 26, 2019 Hawaii vs. New Mexico (3:30)

Noon FSW NCAA Football Redbox Bowl California vs. Illinois Santa Clara, Calif.. (3:00)

8:15 p.m. OCSPT NCAA Football Classics September 27, 2019 Oregon State vs. Hawaii (3:45)

9 p.m. FSWPT NCAA Football Redbox Bowl California vs. Illinois Santa Clara, Calif.. (3:00)

Thursday

8 a.m. FSW NCAA Football Holiday Bowl Iowa vs. USC San Diego, Calif.. (3:00)

11 a.m. FSWPT NCAA Football Holiday Bowl Iowa State vs. USC San Diego, Calif.. (3:00)

1 p.m. OCSPT NCAA Football Classics November 9, 2019 San Jose State vs. Hawaii (3:15)

Friday

11 a.m. FSWPT NCAA Football Redbox Bowl California vs. Illinois Santa Clara, Calif.. (3:00)

2 p.m. OCSPT NCAA Football Classics November 16, 2019 Hawaii vs. UNLV (3:00)

5 p.m. FSW NCAA Football Redbox Bowl California vs. Illinois Santa Clara, Calif.. (3:00)

Saturday

7 a.m. KITV NCAA Football Championship Division I Tournament James Madison vs. North Dakota State Frisco, Texas. *(Live)* (3:00)

9 a.m. OCSPT NCAA Football Classics November 23, 2019 San Diego State vs. Hawaii (3:00)

11:30 a.m. KHNL NFL Football NFC Divisional To Be Announced at San Francisco 49ers Santa Clara, Calif.. *(Live)* (2:00)

3 p.m. KGMB NFL Football AFC Divisional To Be Announced at Baltimore Ravens Baltimore, Md.. *(Live)* (3:00)

Golf

Sunday

8 a.m. GOLF PGA Golf Round 3 Tournament of Champions Kapalua, Hawaii. (4:00)

1 p.m. GOLF PGA Golf Final Round Tournament of Champions Kapalua, Hawaii. *(Live)* (4:00)

6 p.m. GOLF PGA Golf Final Round Tournament of Champions Kapalua, Hawaii. (4:00)

10 p.m. GOLF PGA Golf Final Round Tournament of Champions Kapalua, Hawaii. (4:00)

Monday

6 a.m. GOLF PGA Golf Round 3 Tournament of Champions Kapalua, Hawaii. (3:00)

9 a.m. GOLF PGA Golf Final Round Tournament of Champions Kapalua, Hawaii. (4:00)

2 p.m. GOLF PGA Golf Final Round Tournament of Champions Kapalua, Hawaii. (4:00)

Wednesday

3 p.m. GOLF PGA Golf Classics Final Round 2019 Sony Open Honolulu, Hawaii. (3:00)

6 p.m. GOLF AsianTour Golf Round 1 Hong Kong Open Fanling, Hong Kong. *(Live)* (4:30)

Midnight GOLF EPGA Golf Round 1 South African Open Randburg, South Africa. *(Live)* (5:00)

Thursday

2 p.m. GOLF PGA Golf Round 1 Sony Open Honolulu, Hawaii. *(Live)* (3:30)

6 p.m. GOLF AsianTour Golf Round 2 Hong Kong Open Fanling, Hong Kong. *(Live)* (4:30)

10:30 p.m. GOLF AsianTour Golf Round 2 Sony Open Honolulu, Hawaii. (1:30)

Midnight GOLF EPGA Golf Round 2 South African Open Randburg, South Africa. *(Live)* (5:00)

Friday

7 a.m. GOLF PGA Golf Round 1 Sony Open Honolulu, Hawaii. (3:00)

10 a.m. GOLF PGA Golf Round 1 Sony Open Honolulu, Hawaii. (3:00)

2 p.m. GOLF PGA Golf Round 2 Sony Open Honolulu, Hawaii. *(Live)* (3:30)

6 p.m. GOLF AsianTour Golf Round 3 Hong Kong Open Fanling, Hong Kong. *(Live)* (4:30)

11 p.m. GOLF EPGA Golf Round 3 South African Open Randburg, South Africa. *(Live)* (5:00)

Saturday

6 a.m. GOLF PGA Golf Round 2 Sony Open Honolulu, Hawaii. (3:30)

9:30 a.m. GOLF PGA Golf Round 2 Sony Open Honolulu, Hawaii. (3:30)

2 p.m. GOLF PGA Golf Round 3 Sony Open Honolulu, Hawaii. *(Live)* (3:30)

6 p.m. GOLF AsianTour Golf Final Round Hong Kong Open Fanling, Hong Kong. *(Live)* (4:30)

11 p.m. GOLF EPGA Golf Final Round South African Open Randburg, South Africa. *(Live)* (5:00)

Hockey

Sunday

4 a.m. FSW NHL Hockey Nashville Predators at Los Angeles Kings Los Angeles, Calif.. (2:00)

Monday

9 a.m. FSW NHL Hockey Nashville Predators at Los Angeles Kings Los Angeles, Calif.. (2:00)

5:30 p.m. FSW NHL Hockey Columbus Blue Jackets at Los Angeles Kings Los Angeles, Calif.. *(Live)* (2:30)

10 p.m. FSW NHL Hockey Columbus Blue Jackets at Los Angeles Kings Los Angeles, Calif.. (2:00)

4 a.m. FSW NHL Hockey Columbus Blue Jackets at Los Angeles Kings Los Angeles, Calif.. (2:00)

Tuesday

9 a.m. FSW NHL Hockey Columbus Blue Jackets at Los Angeles Kings Los Angeles, Calif.. (2:00)

5 p.m. FSWPT NHL Hockey Columbus Blue Jackets at Anaheim Ducks Anaheim, Calif.. *(Live)* (2:30)

8:30 p.m. FSWPT NHL Hockey Columbus Blue Jackets at Anaheim Ducks Anaheim, Calif.. (2:00)

4 a.m. FSW NHL Hockey Columbus Blue Jackets at Los Angeles Kings Los Angeles, Calif.. (2:00)

Wednesday

10 a.m. FSWPT NHL Hockey Columbus Blue Jackets at Anaheim Ducks Anaheim, Calif.. (2:00)

Thursday

8 a.m. FSWPT NHL Hockey Columbus Blue Jackets at Anaheim Ducks Anaheim, Calif.. (2:00)

5 p.m. FSW NHL Hockey Los Angeles Kings at Vegas Golden Knights Las Vegas, Nev.. *(Live)* (2:30)

FSWPT NHL Hockey Dallas Stars at Anaheim Ducks Anaheim, Calif.. *(Live)* (2:30)

10 p.m. FSW NHL Hockey Los Angeles Kings at Vegas Golden Knights Las Vegas, Nev.. (2:00)

10:30 p.m. FSWPT NHL Hockey Dallas Stars at Anaheim Ducks Anaheim, Calif.. (2:00)

4 a.m. FSW NHL Hockey Los Angeles Kings at Vegas Golden Knights Las Vegas, Nev.. (2:00)

Friday

8 a.m. FSWPT NHL Hockey Dallas Stars at Anaheim Ducks Anaheim, Calif.. (2:00)

9 a.m. FSW NHL Hockey Los Angeles Kings at Vegas Golden Knights Las Vegas, Nev.. (2:00)

1 p.m. FSW NHL Hockey Los Angeles Kings at Vegas Golden Knights Las Vegas, Nev.. (2:00)

Saturday

2 p.m. FSW NHL Hockey Los Angeles Kings at Carolina Hurricanes Raleigh, N.C.. *(Live)* (2:30)

3:30 p.m. FSWPT NHL Hockey Anaheim Ducks at Chicago Blackhawks Chicago, Ill.. *(Live)* (2:30)

5 p.m. FSW NCAA Hockey Ohio State at University of Wisconsin (Madison) Madison, Wis.. (2:30)

7 p.m. FSWPT NHL Hockey Anaheim Ducks at Chicago Blackhawks Chicago, Ill.. (2:00)

7:30 p.m. FSW NHL Hockey Los Angeles Kings at Carolina Hurricanes Raleigh, N.C.. (2:00)

Soccer

Saturday

7:30 a.m. KHNL EPL Soccer Liverpool at Tottenham Hotspur London, England. *(Live)* (2:00)

5:55 p.m. KHLU MFL Fútbol *(Live)* (2:00)

7:55 p.m. KHLU MFL Fútbol *(Live)* (2:05)

ON TV | SUNDAY MORNING

01/05	D	HT	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	S1	S2
(2) KHON	3	3	To Be Announced ◻		NFL Football NFC Wild Card Minnesota Vikings at New Orleans Saints (L) ◻						A.Athlete ◻	Paid ◻	NashvilleHoliday (N) ◻		2	2
(4) KITV	4	4	To Be Announced ◻				World of X Games (N) ◻		Greatest ◻	Greatest ◻	Greatest (N)	Greatest ◻	To Be Announced ◻		4	4
(9) KHII	5	5	Paid ◻	Sports (N) ◻	Chaning ◻	Hazelton ◻	Homeown. ◻	T.Music ◻	Paid ◻	Celeb ◻	Paid ◻	Sp. Net ◻	Whack ◻	Paid ◻	5	5
(5) KGMB	7	7	Paid ◻	Paid ◻	Gametime ◻	NCAA Basketball Michigan at Michigan State (L) ◻					Paid ◻	Paid ◻	TMZ ◻		9	9
(11) KHET	10	11	Sesame ◻	PinkaPet ◻	Jet Go! ◻	W.World ◻	D.Tiger ◻	SuperW! ◻	C.George ◻	Arthur ◻	WordGirl ◻	Wild Kratt ◻	Antiques Roadshow ◻		11	11
(13) KHNL	8	8	Judy ◻	Judy ◻	Modern ◻	Modern ◻	Local ◻	AMA Motocross ◻			Football ◻	NFL Football NFC Wild Card (L) ◻			13	13
(14) KWHE	11	14	Tap In ◻	Mass ◻	Cathedral ◻	Ministries ◻	In Touch Ministries ◻		Evangel. ◻	Worship ◻	Paid ◻	Tap In ◻	J.L.Rich ◻	L.Ranger ◻	14	-
(20) KIKU	9	20	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	The Old Path ◻		Paid ◻	Hiei No/JVT	20	20
KFVE	22	13	E. Stanton	WildA. (N) ◻	Wondrama ◻	Dragon ◻	Eco Co. ◻	Dragon ◻	Eco Co. ◻	Paid ◻	Hawaii Home	Gametime ◻	Entertainers ◻			
(26) KAAH*	26	26	Jackson ◻	In Touch ◻	P. Point ◻	Is Written ◻	Ed Young ◻	Heaven ◻	D.Kolenda ◻	Hagee Ministries ◻		Change ◻	Creflo ◻	K. Shook ◻	-	-
(32) KBFD	2	6	Off Air ◻				The Birth of a Family (N) ◻				Dr.Steven ◻	RUTC	My Mom ◻		-	-
(44) KWBN		44	Walk ◻	Larry & Tiz ◻	Passion	Jesus ◻	Pastor ◻	Don Wilton ◻	Love ◻	R.D.West ◻	T. Bates ◻	Grace ◻	David Jer. ◻	Ankerberg ◻		
(46) KHLU	35	-	Programa pagado ◻		Como dice el dicho ◻		Al punto ◻		★★ "Sube y Baja" ('59, Com) *Cantinflas.* ◻		Vecinos ◻		Vecinos ◻		-	-
(66) KPXO	27	27	Paid ◻	Paid ◻	NCIS: LA "Rage" ◻		NCIS: LA "Beacon" ◻		NCIS: LA "Field of Fire" ◻		NCIS: LA "Kolcheck, A." ◻		NCIS: LA "Chernoff, K." ◻			
A&E	547	129	Behind Bars: Women ◻		Behind Bars: Women ◻		Behind Bars: Women ◻		Behind Bars: Women ◻		60 Days In ◻		Live PD ◻		118	265
AHC*	345	137	Evolution of Evil ◻		Evolution of Evil ◻		Evolution of Evil ◻		Evolution of Evil ◻		Evolution of Evil ◻		Evolution of Evil ◻		195	287
AMC	600	159	★★ "Mission: Impossible III" ('06, Act) *Tom Cruise.* ◻				★★ "Transformers: Revenge of the Fallen" ('09, Act) *Shia LaBeouf.* ◻						"X-Men" ◻		131	254
ANPL	329	107	North Woods Law ◻		WoodsLaw "Circle of Life" ◻		North Woods Law ◻		North Woods Law ◻		North Woods Law ◻		Lone Star Law ◻		184	282
BBCA	341	135	Python Flying Circus ◻		★★ "Night at the Museum: Battle of the Smithsonian" *Ben Stiller.* ◻				★★★ "The Hunger Games" ('12, Act) *Jennifer Lawrence.* ◻						135	264
BRAVO	560	237	Vanderpump Rules ◻		Medic. "Reunion, Part 1" ◻		Medic. "Reunion, Part 2" ◻		Atlanta "Reunion Part 1" ◻		Atlanta "Reunion Part 2" ◻		Atlanta "Reunion Part 3" ◻		129	237
CNBC	116	176	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Shark Tank ◻		Shark Tank ◻		Shark Tank ◻		208	355
CNN	113	172	State of the Union ◻		Fareed Zakaria GPS ◻		CNN Newsroom ◻		CNN Newsroom ◻		CNN Newsroom ◻		CNN Newsroom ◻		200	202
COMEDY	545	142	The Office ◻	The Office ◻	The Office ◻		The Office ◻	The Office ◻	The Office ◻	The Office ◻	The Office ◻	The Office ◻	The Office ◻	The Office ◻	107	249
CSPAN	45	61	Washington This Week ◻												210	350
CW	93	2	"Stevie D" ◻		Homeown. ◻	Hazelton ◻	New Hope ◻	House (N)	Pets.TV ◻	Live Life ◻	Y. Icons ◻	Career Day	Magic ◻	Celeb ◻	3	395
DISC	333	131	Naked and Afraid ◻		Naked "Playing With Fire" ◻		Naked and Afraid ◻		Naked "Strength in Pain" ◻		Naked "Fire and Fury" ◻		Naked "Honduran Hell" ◻		182	278
DISNEY*	444	98	Gravity	Gravity ◻	Gravity ◻	Gravity ◻	BigCity ◻	BigCity ◻	Bunk'd ◻	CoopCami ◻	Raven ◻	Rollwlt ◻	G. Duran ◻	Jessie 1/3 ◻	173	291
E!*	549	240	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	★★★ "Walk the Line" ('05, Bio) *Joaquin Phoenix.* ◻					114	236
ESPN	222	70	NFL Count "Postseason" ◻		Rd.2 CF ◻	Rd.2 CF ◻	H.S. Football All-America Game ◻				Adventure Racing ◻		Adventure Racing ◻		140	206
ESPN2	224	74	NCAA Basketball Michigan State at Michigan (L) ◻				NCAA Basketball Cincinnati at South Florida (L) ◻				NCAA Basketball Tennessee vs. Kentucky (L) ◻				144	209
FILI	688	320	G Diaries	Swak Na Swak ◻		ASAP ◻			The Haunted	Mathdali	Team Yey!	Superboo	Matang. ◻	BanSunda ◻	-	-
FNC	109	178	America's News HQ ◻		America's News HQ ◻		Fox News Sunday ◻		Journal Editorial R. ◻		America's News HQ ◻		The Greg Gutfeld Show ◻		205	360
FOOD	321	231	Mary Mc. ◻	Pioneer ◻	Pioneer ◻	Pioneer ◻	GirlFarm ◻	Cooking ◻	M.Brown (N)	M. Brown ◻	The Kitchen ◻		Guy's Grocery Games ◻		110	231
FREE*	538	122	★★ "What Happens in Vegas" *Cameron Diaz.* ◻				★★★ "Pretty in Pink" ('86, Rom) *Molly Ringwald.* ◻				★★★ "Ferris Bueller's Day Off" *Matthew Broderick.* ◻				180	311
FSW	226	-	Rams 360 ◻	Golf (N) ◻	NCAA Basketball West Virginia vs. Kansas State (L) ◻				NCAA Basketball Florida State vs. Miami ◻				Red Bull Rampage ◻		-	692
FSPT	228	-	NCAA Basketball Virginia vs. North Carolina State (L) ◻				Aztec CBF ◻	Clippers Wk.	Pre-game	NBA Basketball New York Knicks at Los Angeles Clippers (L) ◻					-	-
FX	554	124	★★ "The Secret Life of Pets" ('16, Ani) *Louis C.K..* ◻				★★ "Ghostbusters" ('16, Act) *Melissa McCarthy.* ◻						★★ "Now You See Me" ◻		136	248
GOLF	216	86	PGA Golf ◻		PGA Golf Tournament of Champions Site: Plantation Course at Kapalua -- Kapalua, Hawaii ◻								Golf Cent. Pre-game (L) ◻		401	218
HALL	452	128	"Frozen in Love" ('18, Rom) *Rachael Leigh Cook.* ◻				"Love on the Sidelines" ('16, Com) *Emily Kinny.* ◻				"Love's Complicated" ('16, Dra) *Holly Marie Combs.* ◻				185	312
HGTV	323	232	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	Good Bones ◻		Good Bones ◻		Good Bones ◻		Bones "Chop and Pop" ◻		112	229
HISTORY	327	133	Counting Cars: Drive "Ghost Rider" ◻						CountCars ◻	CountCars ◻	CountCars ◻	CountCars ◻	Counting Cars ◻		120	269
HBO	611	502	"Seventh Son" *Jeff Bridges.* ◻		Making of ◻ / ★★ "Wild Hogs" *John Travolta.* ◻					★★★ "The Day After Tomorrow" *Dennis Quaid.* ◻				Movie	303	504
HBO2	612	503	★★★ "Shazam!" ('19, Act) *Zachary Levi.* ◻					★★ "Glass" ('19, Dra) *Bruce Willis.* ◻				★★★ "The Mule" *Clint Eastwood.* ◻			304	505
KBS	80	-	News ◻	Kongdak. ◻	Kongdak. ◻	Golden Oldies ◻		Windows ◻	BeautifulLoveLife ◻		LoveLife ◻	LoveLife ◻	BeautifulLoveLife ◻		-	-
LIFE	448	226	J.Osteen ◻	Paid ◻	Married at First Sight ◻		Super "Braid Family" ◻		"Dangerous Lessons" ('15, Thril) *Louise Lombard.* ◻				"A Teacher's Obsessio...		108	276
LMN	449	227	"Her Deadly Reflection...		"Escaping My Stalker" ('19, Thril) *Ezmie Garcia.* ◻				"Escaping the NXIVM Cult: A Mother's Fight To Sa...				Surviving R. Kelly ◻		109	253
MAX	622	515	★★ "Cold Mountain" ('03, Rom) *Nicole Kidman.* ◻					★★ "A Good Year" ('06, Dra) *Russell Crowe.* ◻				"Mamma Mia! Here We Go Again" ◻			311	516
MSNBC	107	175	Weekends-Alex Witt ◻		Weekends-Alex Witt ◻		MSNBC Live ◻		MSNBC Live ◻		MSNBC Live ◻		PoliticsNation ◻		209	356
NATGEO	347	130	MARS: Inside SpaceX ◻		Edge of the Universe ◻		One Strange "Gasp" ◻		One Strange "Storm" ◻		One Strange "Shield" ◻		One Strange "Genesis" ◻		186	276
NGN	677	-	Matsuko ◻	Scarlet/Video	Enka Singers	Suna no Tou		Brain ◻ / Pretty GaOsugiru		Mentai ◻	News ◻	Brain / Mogitate TV ◻		Hakken R	-	-
NICK	446	100	Sponge ◻	Sponge ◻	ALVIN (N) ◻	LEGO ◻	Sponge ◻	Sponge ◻	Sponge ◻	Sponge ◻	Sponge ◻	Sponge ◻	Sponge ◻	Casagrandes	171	300
OC16	16	-	Pakele ◻	Japan ◻	Ocean ◻	Braddahs ◻	Sports P ◻	Crafting ◻	Pet Hui ◻	Board ◻	Flhi Girlz ◻	Sports	Braddahs ◻	FshnSnse ◻	-	-
OCSPT	12	89	NCAA Basket. Classics ◻		NCAA Baseball Classics Oregon vs. Hawaii ◻								NCAA Football Classics ◻		-	-
OLELO53	53	53	Educational Prog. ◻		Educational Programming ◻								Pmi Honolulu		-	-
OLELO54	54	54	Newswire Hawaii ◻		Newswire Hawaii ◻		Play Tai Chi ◻		Tai Chi Aloha ◻		Vegetarian ◻		Social Programming ◻		-	-
OLELO55	55	55	Supreme Master Ching ◻		4th Watch ◻	Ekalesia ◻	A View From Calvary ◻		Inspirational Programming ◻			Miracles	Inspirational Prog. ◻		-	-
OWN*	343	242	Dr. Phil ◻		Dr. Phil ◻		Soul Sun "Eckhart Tolle" ◻		Super Soul Sunday ◻		Home Made Simple ◻		Iyanla, Fix My Life ◻		189	279
OXY	558	229	Snap. "Deborah Perna" ◻		Snap. "Valerie Nessler" ◻		Snapped ◻		Snap. "Brandy Stutzman" ◻		Snap. "Hazelynn Stomps" ◻		Snap. "Hope Schreiner" ◻		127	251
PARMT	559	141	★★ "Dumb and Dumber" *Jim Carrey.* ◻		★★ "Dirty Grandpa" ('16, Com) *Robert De Niro.* ◻						★★★ "The Hangover" ('09, Com) *Ed Helms.* ◻				241	241
SHOW*	633	451	★★★★ "Stand by Me" *Wil Wheaton.* ◻		★★★ "Ghost" ('90, Rom) *Patrick Swayze.* ◻					★★★ "Little Women" ('94, Rom) *Winona Ryder.* ◻				Movie	319	546
SYFY	557	144	Twilight ◻	"Kill Switch" ('17, Sci-Fi) *Dan Stevens.* ◻				"Abduction" ('11, Act) *Taylor Lautner.* ◻					★★ "Gamer" ◻		122	244
TBS	551	121	Friends ◻	Friends ◻	★★★ "The Mummy" ('99, Adv) *Brendan Fraser.* ◻					★★ "The Mummy Returns" ('01, Adv) *Brendan Fraser.* ◻					139	247
TCM	602	157	★★★ "The Major and the Minor" *Ginger Rogers.* ◻				★★★ "Bus Stop" ('56, Com/Dra) *Marilyn Monroe.* ◻				★★ "Beach Party" *Frankie Avalon.* ◻		"Annie" ◻		132	256
TLC*	331	132	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Say Yes to the Dress ◻		183	280
TMC	644	467	"The Crocodile Hunter: Collision C...		★★★ "Clue" ('85, Myst) *Tim Curry.* ◻					"Killing Hasselhoff" *Ken Jeong.* ◻			★★ "Bad Company" ◻		329	554
TNT	553	125	NCIS: New O. "Knockout" ◻		★★★ "300" ('06, Epic) *Gerard Butler.* ◻					★★ "300: Rise of an Empire" *Sullivan Stapleton.* ◻				Movie	138	245
TOON	440	103	Titans! ◻	Titans! ◻	Ben 10/Ben 10	Titans! ◻	Titans! ◻	Titans! ◻	Titans! ◻	Titans! ◻	Gumball ◻	Gumball ◻	Gumball ◻	Gumball ◻	177	297
TRAVEL*	325	139	Witches "Lust for Blood" ◻		Witches "Pray for Mercy" ◻		The Holzer Files		The Holzer Files ◻		The Holzer "Grave Secrets"		The Holzer Files "Bloodline"		196	277
TVLAND	441	127	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	106	304
USA*	555	123	Paid ◻	T.Point ◻	In Touch ◻	J.Osteen ◻	Dare Me "Coup D'Etat" ◻		SVU "Monogamy" ◻		Law&Order: SVU "Rage" ◻		Law&O: SVU "Authority" ◻		105	242
WE	451	230	Paid ◻	Paid ◻	Law & Order: C.I. ◻		Law&Order: CI "Blasters" ◻		Law & Order ◻		Law & Order "Phobia" ◻		Law & Order ◻		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/05	D	HT	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30	S1	S2
(2) KHON	3	3	Paid ◻	Hazelton ◻	Fam. Feud ◻	Fam. Feud ◻	Fox News Sunday (N) ◻		Paid ◻	Ins. Ed. (N) ◻	Paid ◻	Fishing ◻	News (N) ◻	Sam Choy ◻	2	2
(4) KITV	4	4	To Be Announced ◻			Oh Baby! ◻	Rock Park ◻	Oh Baby! ◻	This Week ◻		News (N) ◻	News (N) ◻	Home Videos (N) ◻		4	4
(9) KHII	5	5	★★★ "Paranormal Activity 3" *Chloe Csengery.* ◻				Weather ◻	Magic ◻	Murdoch Mysteries ◻		Homes ◻	House (N)	News (N) ◻	BigBang ◻	5	5
(5) KGMB	7	7	Ent. Tonight ◻		Paid ◻	Jeopardy! ◻	Hope Wild ◻	Furever ◻	Press (N) ◻	FaceNat. ◻	News (N) ◻	News (N) ◻	60 Minutes ◻		9	9
(11) KHET	10	11	American Masters ◻		Pacific "Leitis in Waiting" ◻		Hiki No ◻	Na Mele ◻	Long Story ◻	2.Opinion ◻	News/News	Insight ◻	Open Mind ◻	News. (N) ◻	11	11
(13) KHNL	8	8	NFL Football NFC Wild Card Seattle vs Philadelphia (L) ◻				The 77th Annual Golden Globe Awards (L) ◻						News (N) ◻	News (N) ◻	13	13
(14) KWHE	11	14	Wild Am. ◻	Real Life ◻	Sports (N) ◻	Heartland ◻	Hollywood ◻	Awesome ◻	Outdoor ◻	Outdoor ◻	L.Ranger ◻	L.Ranger ◻	Paid ◻	Paid ◻	14	-
(20) KIKU	9	20	The Kingdom of Jesus Christ ◻						Adobo ◻	TV Patrol ◻	Beautiful Strangers ◻		Once Upon a Kiss ◻		20	20
KFVE	22	13	TMZ (N) ◻		Extra Weekend (N) ◻		Raw Travel ◻	Matter ◻	Madam "On the Clock" ◻		Carbonaro ◻	Carbonaro ◻	Voice ◻	Chef Roc		
(26) KAAH*	26	26	Potter's ◻	Enjoy-Life ◻	Jesus ◻	R.Morris ◻	J.Osteen ◻	T.Point ◻	Huckabee ◻		Metaxas ◻	Creflo ◻	"The Song" ◻		-	-
(32) KBFD	2	6	It's My Life ◻			My Ugly Duckling (N) ◻				Baek Jong-won's Alley Restaurant (N) ◻			News ◻	Flower (N) ◻	-	-
(44) KWBN		44	R. Jeffress ◻	Bernard ◻	T.D. Jakes ◻	Bronner ◻	Rejoice in the Lord ◻		Ankerberg ◻	M. Youssef ◻	Jesus ◻	David Jer. ◻	HLindsey ◻	I.Baxter ◻		
(46) KHLU	35	-	Republica deportiva ◻		Aquí y ahora ◻		Como dice el dicho ◻		La rosa de Guadalupe ◻		María	Noticiero ◻	Aquí y ahora ◻		-	-
(66) KPXO	27	27	NCIS: Los Angeles ◻		NCIS: LA "Citadel" ◻		NCIS: Los Angeles ◻		NCIS: Los Angeles ◻		NCIS: Los Angeles ◻		NCIS: LA "Unspoken" ◻			
A&E	547	129	Live PD ◻		Live PD "Top 40 Moments of 2019, Part 2" Pt. 2 of 2 ◻				Live PD ◻	Live PD ◻	Live PD ◻	Live PD ◻	Live PD ◻	Live PD ◻	118	265
AHC*	345	137	World War II in Color ◻		WW II "Britain at Bay" ◻		WW II "Lightning War" ◻		World War II in Color ◻		World War II in Color ◻		WW II "Red Sun Rampant" ◻		195	287
AMC	600	159	★★★ "X-Men" ('00, Sci-Fi) *Hugh Jackman.* ◻				★★★ "X2: X-Men United" ('03, Sci-Fi) *Patrick Stewart.* ◻						"X-Men: First Class" ◻		131	254
ANPL	329	107	Lone Star Law ◻		Lone Star Law ◻		Lone Star Law ◻		Lone Star Law ◻		Lone Star Law ◻		Star Law "In Hot Water" ◻		184	282
BBCA	341	135	Movie	★★★ "The Hunger Games: Catching Fire" ('13, Dra) *Jennifer Lawrence.* ◻						Doctor Who "Spyfall, Part One" 1/2 ◻			Doctor Who (N) ◻		135	264
BRAVO	560	237	Atlanta "Reunion Part 4" ◻		Housewives Atlanta ◻		Housewives Atlanta ◻		Housewives Atlanta ◻		Housewives Atlanta ◻		Housewives Atlanta (N) ◻		129	237
CNBC	116	176	Shark Tank ◻		Shark Tank ◻		Shark Tank ◻		Greed "Paul Manafort" ◻		American Greed: Scam ◻		American Greed: Scam ◻		208	355
CNN	113	172	CNN Newsroom ◻		Impeachment Trump (L)		Impeachment Trump (L)		CNN Special Report (N) ◻		CNN Special Report ◻		The Nineties		200	202
COMEDY	545	142	The Office ◻	The Office ◻	The Office ◻	The Office ◻	★★★ "Super Troopers" ('02, Com) *Kevin Heffernan.* ◻					SouthPk ◻	SouthPk ◻	SouthPk ◻	107	249
CSPAN	45	61	Newsmakr ◻	Washington This Week ◻			Q & A ◻		Questions	Public Affairs Events ◻			Q & A ◻		210	350
CW	93	2	"Anna" ('13, Dra) *Mark Strong.* ◻				Kickin' It ◻		A.Athlete ◻	Whack ◻	2½ Men ◻	2½ Men ◻	Fam. Feud ◻	Fam. Feud ◻	3	395
DISC	333	131	Naked "23 Days" ◻		Naked and Afraid ◻		Naked and Afraid ◻		Naked "Bite Club" ◻		XL All Stars ◻		Naked and Afraid (N) ◻		182	278
DISNEY*	444	98	Jessie 2/3 ◻	Jessie 3/3 ◻	Sydney ◻	Sydney ◻	Sydney ◻	Raven ◻	Raven ◻	Raven ◻	BigCity ◻	BigCity ◻	BigCity ◻	"Home" ◻	173	291
E!*	549	240	Movie	★★ "Sweet Home Alabama" ('02, Com) *Reese Witherspoon.* ◻					Countdown "The 2020 Golden Globe Awards" (N) ◻				E! Live/Red Carpet ◻		114	236
ESPN	222	70	SportsCenter (N) ◻		SportsCenter (N) ◻		NFL Rewind (L)		SportsCenter (N) ◻		SportsCenter (N) ◻		SportsCenter (N) ◻		140	206
ESPN2	224	74	Rd.2 CF ◻	Rd.2 CF ◻	Mixed Martial Arts PFL Playoffs Site: Madison Square Garden -- New York City, N.Y. ◻								Rd.2 CF ◻	Rd.2 CF ◻	144	209
FILI	688	320	BanSunda ◻	G Diaries	So Janelle	Your Moment		TV Patrol ◻	Citizen ◻	Adobo Nation ◻			Rated K	ASAP ◻	-	-
FNC	109	178	Fox Report ◻		Fox News Sunday ◻		Life, Liberty & Levin		The Next Revolution ◻		To Be Announced ◻		Life, Liberty & Levin		205	360
FOOD	321	231	Guy's Grocery Games ◻		Guy's Grocery Games ◻		Guy's Grocery Games ◻		Challenge		Guy's Grocery Games ◻		Guy's Grocery Games ◻		110	231
FREE*	538	122	"Ferris Bueller's Day ...		★★ "Mr. Deeds" ('02, Com) *Adam Sandler.* ◻				★★ "The Waterboy" ('98, Com) *Adam Sandler.* ◻				★★★ "Pitch Perfect" ◻		180	311
FSW	226	-	Red Bull ◻	Crashed Ice ◻			Cliff Diving ◻		Crankworx ◻	Red Bull ◻	WPT Poker ◻		WPT Poker ◻		-	692
FSPT	228	-	Post-game	Clippers Wk.	The Bigs "Lou Williams"		Boxing Classics ◻				Clippers Wk.	NBA Basketball N.Y./L.A. C. ◻			-	-
FX	554	124	★★ "Now You See Me" ◻			"Now You See Me 2" ('16, Act) *Jesse Eisenberg.* ◻						"Baby Driver" *Kevin Spacey.* ◻			136	248
GOLF	216	86	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua -- Kapalua, Hawaii (L) ◻								Golf Central (N) ◻		PGA Golf ◻		401	218
HALL	452	128	"SnowComing" ('19, Fam) *Trevor Donovan.* ◻				"Winter Castle" ('19, Rom) ◻				"Winter in Vail" ('20, Rom) *Lacey Chabert.* ◻				185	312
HGTV	323	232	Good Bones ◻		Holmes: Fan Faves (N)		Holmes: Fan Faves (N)		Holmes: Fan Faves (N)		Rehab (N)	Rehab (N)	Rehab (N)	Rehab (N)	112	229
HISTORY	327	133	Counting Cars ◻		Counting Cars ◻		American Pickers ◻		American Pickers ◻		American Pickers ◻		Pickers "One Wheel Deal" ◻		120	269
HBO	611	502	★★★ "The Rundown" ◻			★★ "Scary Movie 3" *Anna Faris.* ◻			★★★★ "Crazy, Stupid, Love." *Steve Carell.* ◻				"Tolkien" ◻		303	504
HBO2	612	503	Movie	★★★★ "A Star Is Born" ('18, Dra) *Lady Gaga.* ◻					★★★ "Black Swan" ('10, Dra) *Natalie Portman.* ◻				★★★★ "Alien" ◻		304	505
KBS	80	-	News	Korea Sings		My Neighbor, Charles ◻		Two Days and One Night ◻			LoveLife ◻	BeautifulLoveLife ◻		Concert ◻	-	-
LIFE	448	226	"A Teacher's Obsessio...		"Bad Sister" ('15, Thril) *Ryan Newman.* ◻				"Sleeping with My Student" ('19, Dra) ◻				"Abducted on Air" (P) ◻		108	276
LMN	449	227	Surviving R. Kelly ◻		Surviving R. Kelly ◻		Surviving R. Kelly ◻		Surviving R. Kelly ◻		Surviving R. Kelly ◻		Reckoning (N) ◻		109	253
MAX	622	515	Movie	★★ "Daylight" ('96, Act) *Sylvester Stallone.* ◻				★★★ "Fight Club" ('99, Psy) *Brad Pitt.* ◻					"Replicas" ◻		311	516
MSNBC	107	175	Meet the Press ◻		Kasie DC ◻				Dateline Extra ◻		Dateline Extra ◻		Dateline Extra (N) ◻		209	356
NATGEO	347	130	One Strange "Survival" ◻		One Strange "Escape" ◻		One Strange "Terraform" ◻		One Strange "Alien" ◻		One "Awakening" ◻		One Strange "Home" ◻		186	276
NGN	677	-	Wagamama	Brain ◻	Natsuzo.	PONPON ◻	Erin ◻	Mogitate TV ◻		HakkenR	Scarlet ◻	Choshich ◻	Daisuke	Brain/News	-	-
NICK	446	100	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	The SpongeBob Musical: Live on Stage! "Sing-A-Long"				"Journey 2: The Myst...		171	300
OC16	16	-	Cutty ◻	Painting ◻	Fishing Adv.	Ocean ◻	Pakele ◻	Cook. ◻	Showcase ◻	Skin Diver ◻	Hawaii Goes Fishing (N) ◻		Outside HI ◻	Crafting ◻	-	-
OCSPT	12	89	NCAA Football Classics San Diego State vs. Hawaii ◻				Basketball Classics Exhibition Game ◻				NCAA Basketball Classics Florida A&M vs. Hawaii ◻				-	-
OLELO53	53	53	Education ◻	Promise	Educational Programming ◻				Practical F.	Island Focus	Keiki ◻	Education ◻	Christmas Parade		-	-
OLELO54	54	54	News ◻	Newswire Hawaii ◻		Social ◻	Kokua Hawaii		Country Talk Story ◻		Social Programming ◻		Medicare ◻	Social ◻	-	-
OLELO55	55	55	Inspiration ◻	Hope ◻	Dr. Yuen ◻	Perf.You ◻	Inspirational Programming ◻						Sauniga Lotu ◻		-	-
OWN*	343	242	Iyanla, Fix My Life ◻		Iyanla, Fix My Life ◻		Iyanla, Fix My Life ◻		Iyanla, Fix My Life ◻		20/20 on OWN ◻		20/20OWN "Manhunt" ◻		189	279
OXY	558	229	Snap. "Jennifer Morrisey" ◻		Snap. "Stephanie Olson" ◻		Snapped "Tracie Miles" ◻		Snap. "Helen Frazier" (N) ◻		Killer "Killer in Plain Sight"		Snapped "Helen Frazier" ◻		127	251
PARMT	559	141	Movie	★★ "The Hangover Part II" ('11, Com) *Bradley Cooper.* ◻					★★★ "The Hangover" ('09, Com) *Ed Helms.* ◻					Movie	241	241
SHOW*	633	451	★★ "On the Basis of Sex" ◻			The L Word "LA Times"		Work ◻	Shameless ◻		Ray Donovan ◻		Ray Donovan (N) ◻		319	546
SYFY	557	144	★★ "Gamer" ◻		★★★ "Edge of Tomorrow" ('14, Sci-Fi) *Tom Cruise.* ◻					★★★ "E.T. the Extra-Terrestrial" ('82, Sci-Fi) *Henry Thomas.* ◻					122	244
TBS	551	121	★★ "The Mummy: Tomb of the Dragon Emperor" *Brendan Fraser.* ◻					★★★ "Kong: Skull Island" ('17, Act) *Tom Hiddleston.* ◻					★★★ "Transformers" ◻		139	247
TCM	602	157	★★★ "Annie" ('82, Fam) *Carol Burnett.* ◻				★★★★ "Fiddler on the Roof" ('71, Rom) *Chaim Topol.* ◻						★ "Bachelor Bait"		132	256
TLC*	331	132	Sister Wives "Aspyn's Royal Wedding" ◻				Sister Wives "Kody's Secret Plan" ◻				Sister Wives ◻		Sister Wives ◻		183	280
TMC	644	467	★★ "Bad Company" ◻		★★★ "Young Guns" ('88, West) *Emilio Estevez.* ◻				★★★ "Mimic" ('97, Hor) *Mira Sorvino.* ◻				★★ "Hotel Artemis" ◻		329	554
TNT	553	125	★★ "Snow White and the Huntsman" ◻				★★ "The Wolverine" ('13, Act) *Hugh Jackman.* ◻						"Thor: Ragnarok" ◻		138	245
TOON	440	103	Unikit/Unikit	DCSuper	Titans! ◻	Titans! ◻	Titans! ◻	Titans! ◻	Gumball ◻	Gumball ◻	Gumball ◻	Gumball ◻	To Be Announced ◻		177	297
TRAVEL*	325	139	Museum "Dinosaurs" ◻		Vampires:Mysteriesat ◻		Mystery Museum ◻		Expedition Bigfoot		Expedition Bigfoot		Expedition "The Nest"		196	277
TVLAND	441	127	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	106	304
USA*	555	123	Law&Order: SVU "Swing" ◻		Law&O: SVU "Lunacy" ◻		Law&O: SVU "Shadow" ◻		Law&O: SVU "Bedtime" ◻		Law&O: SVU "Shattered" ◻		SVU "Blood Brothers" ◻		105	242
WE	451	230	LawOrder "Swept Away" ◻		LawOrder "Bronx Cheer" ◻		Law & Order "Ego" ◻		Law & Order "White Lie" ◻		Law & Order "Whiplash" ◻		Law&O. "All My Children" ◻		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/05	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	Last Man ▢	Last Man ▢	Simps. (N) ▢	Harts (N) ▢	BobBrg ▢	Fam.Guy ▢	News (N) ▢	New Hope ▢	Wahine ▢	Mom ▢	Heart. "Dare to Dream" ▢		2	2
(4) KITV	4	4	Kids Say (N) ▢		Shark Tank (N) ▢		Shark Tank ▢		News (N) ▢	American Ninja Warrior ▢		Major Crimes ▢		Interve. ▢	4	4
(9) KHII	5	5	Wahine ▢	Asia ▢	Fishing ▢	Weather ▢	Wipeout ▢		News (N) ▢	Sam Choy ▢	Ins. Ed. (N) ▢	Provdnce ▢	Sheriffs: ▢	Sheriffs: ▢	5	5
(5) KGMB	7	7	God Friended Me (N) ▢		NCIS: Los Angeles (N) ▢		NCIS: New Orleans ▢		News (N) ▢	In Depth ▢	Outdoors ▢	Elementary ▢		Listener ▢	9	9
(11) KHET	10	11	Masterpiece Classic ▢		Masterpiece Classic ▢		Henry VIII's Palace ▢		Jane Austen ▢		ToCont (N) ▢	Long Story ▢	Craft "California" ▢		11	11
(13) KHNL	8	8	The 77th Annual Golden Globe Awards ▢						News (N) ▢	Talk Story McKenna ▢		NCIS: New Orleans ▢		Outdoors ▢	13	13
(14) KWHE	11	14	Paid ▢	Life ▢	J.L.Rich ▢	Word Life ▢	Apocalyp ▢	Evangel. ▢	Paid ▢	Yukon ▢	Yukon ▢	Yukon ▢	Lassie 2/3 ▢	Lassie 3/3 ▢	14	-
(20) KIKU	9	20	Oshin ▢		Downtown Rocket					Paid ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	20	20
KFVE	22	13	Talk Story McKenna		Hokkaido	Doko Ga TV	News (N) ▢	Press (N) ▢	Friends ▢	Seinfeld ▢	News ▢	Queens ▢	Queens ▢	Paid ▢		
(26) KAAH*	26	26	"The Song" ▢		JordanRubinProtein		StopPain ▢	Stranger ▢	Potter's ▢	Creflo ▢	Ruth ▢	TheOracle ▢	John Gray ▢	S. Furtick ▢	-	-
(32) KBFD	2	6	Flower in Prison (N) ▢				News (N) ▢ /It's My Life (N) ▢			The Butlers (N) ▢			Off Air ▢		-	-
(44) KWBN		44	Israel ▢	Faith ▢	Ignite Life ▢	In Corner ▢	Table Talk	Reflection ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince		
(46) KHLU	35	-	"Volando Alto" (2016, Drama) ▢				Crónicas		María	Noticiero ▢	La Jugada ▢		Vecinos ▢	Renta Co	-	-
(66) KPXO	27	27	NCIS: Los Angeles ▢		Chicago P.D. ▢		Chicago P.D. "Sacrifice" ▢		Chicago "Confession" ▢		Chicago P.D. "Reckoning" ▢		Chicago "Stepping Stone" ▢			
A&E	547	129	Live PD ▢	Live PD ▢	Court Cam (N) ▢		Alaska P "Call of the Wild" ▢		Live PD ▢	Live PD ▢	Live PD ▢	Live PD ▢	Court Cam ▢		118	265
AHC*	345	137	World War II in Color ▢		World War II in Color ▢		WW II "Red Sun Rampant" ▢		WW II "Lightning War" ▢		WW II "Britain at Bay" ▢		World War II in Color ▢		195	287
AMC	600	159	★★★★ "X-Men: First Class" ('11, Act) *James McAvoy.* ▢				★★ "X-Men: The Last Stand" ('06, Act) *Patrick Stewart.* ▢					★★ "X-Men Origins: Wolverine" ▢			131	254
ANPL	329	107	Lone Star Law (N) ▢		Lone Star Law (N) ▢		Lone Star Law ▢		L. Star Law "Lying Dogs" ▢		Star Law "In Hot Water" ▢		Lone Star Law ▢		184	282
BBCA	341	135	Dr. Who ▢	Doctor Who ▢		Doctor Who "Spyfall, Part Two" 2/2 ▢			Doctor Who "Spyfall, Part One" 1/2 ▢			Doctor Who "Spyfall, Part Two" 2/2 ▢			135	264
BRAVO	560	237	Married to Medicine (N) ▢		Watch (N) ▢	Housewives Atlanta ▢		Medic. "Reunion, Part 3" ▢	BlindDat ▢		Blind Date ▢	Blind Date ▢	Blind Date ▢	Blind Date ▢	129	237
CNBC	116	176	Greed "Paul Manafort" ▢		American Greed: Scam ▢		Paid ▢	Paid ▢	Five Day Biz Fix ▢		Street Signs ▢		Worldwide Exchange ▢		208	355
CNN	113	172	The Nineties ▢		The Nineties ▢		CNN Newsroom ▢		CNN Newsroom ▢		Early Start		Early Start		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	107	249
CSPAN	45	61	Questions	Public Affairs Programming ▢											210	350
CW	93	2	Batwoman ▢		Supergirl "Blurred Lines" ▢		Leverage ▢		Forensic Factor ▢		FamilyGuy ▢	FamilyGuy ▢	BobBrg ▢	BobBrg ▢	3	395
DISC	333	131	Naked and Afraid (N) ▢		Naked and Afraid (N) ▢		Naked and Afraid ▢		Naked and Afraid "Luke's Journey" ▢				Naked and Afraid ▢		182	278
DISNEY*	444	98	"Home" ▢		G. Duran ▢	G. Duran ▢	G. Duran ▢	G. Duran ▢	StarWars ▢	BigCity ▢	Raven ▢	Rollwlt ▢	Jessie ▢	Jessie ▢	173	291
E!*	549	240	E! Live/Red Carpet ▢		Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	Chrisley ▢	E! After Party (N) ▢		E! Live/Red Carpet ▢		114	236
ESPN	222	70	SC (N) ▢	SportsCenter With Scott Van Pelt ▢			NFL Rewind		NCAA Football Armed Forces Bowl S. Miss/Tul. ▢				NFL Rewind		140	206
ESPN2	224	74	UFC UFC FN 143 Site: Barclays Center -- Brooklyn, N.Y.				SportsCenter (N) ▢		SportsCenter ▢		SportsCenter ▢		SportsCenter ▢		144	209
FILI	688	320	ASAP ▢			Gandang Gabi Vice ▢		BanSunda ▢	Rated K		Matang. ▢	Your Moment		G Diaries	-	-
FNC	109	178	The Next Revolution ▢		To Be Announced ▢		Fox News Sunday ▢		MediaBuzz ▢		Fox and Friends First ▢		Fox and Friends First ▢		205	360
FOOD	321	231	WorstCooks (N) ▢		BeatFlay ▢	Beat Flay ▢	Beat Flay ▢	Beat Flay ▢	W.Cooks "Bottom's Up" ▢		Beat Flay ▢	Beat Flay ▢	Beat Flay ▢	Beat Flay ▢	110	231
FREE*	538	122	★★★★ "Pitch Perfect" *Anna Kendrick.* ▢			★★★★ "The Notebook" ('04, Rom) *Ryan Gosling.* ▢							"Letters to Juliet" ▢		180	311
FSW	226	-	Cliff Diving ▢		WPT Poker ▢		WPT Poker ▢		NCAA Basketball St. John's at Xavier ▢				Spotlight ▢	Focused ▢	-	692
FSPT	228	-	NBA Basket. N.Y./L.A. C. ▢		Post-game	Clippers Wk.	NCAA Basketball West Virginia vs. Kansas State ▢				WPT Poker ▢		WPT Poker ▢		-	-
FX	554	124	"Baby Driver" ▢		Weekly ▢	Weekly ▢	"Baby Driver" ('17, Act) *Kevin Spacey.* ▢					Weekly ▢	Americans "The Summit" ▢		136	248
GOLF	216	86	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua ▢						PGA Golf Tournament of Champions Site: Plantation Course at Kapalua ▢						401	218
HALL	452	128	"A Royal Winter" ('17, Rom) *Merritt Patterson.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	Frasier ▢	Frasier ▢	185	312
HGTV	323	232	Holmes "Bringing the Heat"		Rehab Faves	Rehab Faves	Rehab Faves	Rehab Faves	Holmes "No Bones About It"		Paid Program ▢				112	229
HISTORY	327	133	Pickers "Corvette King" ▢		American Pickers ▢		Pickers "Big Dollar Days" ▢		Pickers "One Wheel Deal" ▢		Pickers "Corvette King" ▢		American Pickers ▢		120	269
HBO	611	502	"Tolkien" ▢		★★ "Unknown" ('11, Myst) *Liam Neeson.* ▢				"Tolkien" ('19, Bio) *Nicholas Hoult.* ▢				"Mary Queen of Scots"		303	504
HBO2	612	503	★★★★ "Alien" ▢		★★★ "Aliens" ('86, Sci-Fi) *Sigourney Weaver.* ▢				★★ "Alien III" ('92, Sci-Fi) *Sigourney Weaver.* ▢				"Alien: Resurrection" ▢		304	505
KBS	80	-	Concert ▢	The Return of Superman ▢			News ▢	Battle Trip ▢			Boss in the Mirror			Mr.House ▢	-	-
LIFE	448	226	"Abducted on Air" (P) ▢		"From Straight A's to XXX" ('17, Dra) *Haley Pullos.* ▢				"Abducted on Air" ('20, Thril) *Perrey Reeves.* ▢				"From Straight A's to ...		108	276
LMN	449	227	Reckoning (N) ▢		Reckoning (N) ▢		Reckoning (N) ▢		Reckoning ▢		Reckoning ▢		Reckoning ▢		109	253
MAX	622	515	"Replicas"	★★ "Stay" ('13, Dra) *Taylor Schilling.* ▢				★★ "Jurassic World: Fallen Kingdom" *Chris Pratt.* ▢				★★ "The Stepfather" *Terry O'Quinn.*			311	516
MSNBC	107	175	Dateline Extra (N) ▢		Dateline ▢		Dateline ▢		Dateline ▢		First Look ▢		First Look ▢		209	356
NATGEO	347	130	Mars: One Day on the Red Planet (N) ▢				Mars: One Day on the Red Planet ▢				One Strange "Home" ▢		One "Awakening" ▢		186	276
NGN	677	-	Brain ▢ /Matsuko ▢		Brain (N) ▢	Kokkai (N) ▢	Uta (N) ▢	News (N) ▢	News ▢	Wagamama ▢		Ramen no H	Japanese Enka Singers		-	-
NICK	446	100	"Journey 2: The Myst...		Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	171	300
OC16	16	-	FshnSnse ▢	Hawaii (N) ▢	Braddahs ▢	Pet Hui (N) ▢	Fishing Adv.	Japan (N) ▢	Pakele ▢	Sports	Board ▢	TheChamp ▢	Outside HI ▢	Crafting ▢	-	-
OCSPT	12	89	NCAA Softball UC Riverside vs. Hawaii ▢				NCAA Football Classics Hawaii vs. UNLV ▢						Paid ▢	Paid ▢	-	-
OLELO53	53	53	Kaneohe Christmas Parade			Sports Programming ▢			Educational Programming ▢				Sports Programming ▢		-	-
OLELO54	54	54	Social/ Political Programming ▢						Ho'olokahi ▢	Social ▢	Newswire Hawaii ▢		Social Programming ▢		-	-
OLELO55	55	55	Christ ▢	Inspiration ▢	Nazkine ▢	Reunion Church ▢		Tasi ▢	Tupulaga Talavou ▢		Hawaii Para Cristo ▢		Classic Arts Showcase ▢		-	-
OWN*	343	242	20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		20/20 on OWN ▢		189	279
OXY	558	229	Killer Sibli "Gustafsons" ▢		Criminal "The Kill Club" ▢		Snapped "Nancy Khan" ▢		Snap. "Cynthia Alvarez" ▢		Snap. "Beverly McColm" ▢		Snap. "Kathryn Briggs" ▢		127	251
PARMT	559	141	★★ "The Hangover Part II" *Bradley Cooper.* ▢				★★ "Dumb and Dumber" ('94, Com) *Jim Carrey.* ▢					★★ "Dirty Grandpa" *Robert De Niro.* ▢			241	241
SHOW*	633	451	Shameless (N) ▢		TheL (N) ▢	Work "66, 65, 64, 62" (N) ▢		The L Word "Labels" ▢		Shameless ▢		Ray Donovan ▢		TheL ▢	319	546
SYFY	557	144	★★ "Hancock" ('08, Act) *Will Smith.* ▢				Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	"Stickman" ▢		122	244
TBS	551	121	★★★ "Transformers" ('07, Act) *Shia LaBeouf.* ▢				★★★ "Transformers" ('07, Act) *Shia LaBeouf.* ▢						"Kong: Skull Island" ▢		139	247
TCM	602	157	Movie	★★ "Bardelys the Magnificent" *John Gilbert.*				★★★★ "The Shop on Main Street" *Josef Kroner.*				★★★ "Hollywood My Hometown" ▢			132	256
TLC*	331	132	90 Day Fiancé ▢		90 Day Fiancé ▢		Sister Wives "Kicked Out" (SP) (N) ▢				90 Day Fiancé ▢		90 Day Fiancé ▢		183	280
TMC	644	467	Movie	★★ "The Happytime Murders" ▢			★★★ "Den of Thieves" ('18, Act) *Gerard Butler.* ▢					★★ "Double Date" *Danny Morgan.* ▢			329	554
TNT	553	125	"Thor: Ragnarok" *Chris Hemsworth.* ▢			★★★★ "Guardians of the Galaxy" ('14, Adv) *Chris Pratt.* ▢					★★ "The Wolverine" ('13, Act) *Hugh Jackman.* ▢				138	245
TOON	440	103	J.Pera/J.Pera	Amer. Dad ▢	Amer. Dad ▢	FamilyGuy ▢	FamilyGuy ▢	RickMort ▢	TysonMys	Sheriff	Metalo.	Amer. Dad ▢	FamilyGuy ▢	FamilyGuy ▢	177	297
TRAVEL*	325	139	Expediti "Red Eyes at Night"		Expediti "Human Bait" (N)		Lost in the Wild (N)		Expedition "The Nest"		Expediti "Red Eyes at Night"		Expedition "Human Bait"		196	277
TVLAND	441	127	Queens ▢	Queens ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	106	304
USA*	555	123	SVU "Criminal Stories" ▢		SVU "Institutional Fail" ▢		Dare Me "Coup D'Etat" ▢		Dare Me (N) ▢		Modern ▢	Modern ▢	Modern ▢	Modern ▢	105	242
WE	451	230	Law & Order ▢		LawOrder "School Daze" ▢		LawOrder "Judge Dread" ▢		Law & Order "Deep Vote" ▢		Law:CI "Weeping Willow" ▢		Law & O: CI "World's Fair" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/06 to 01/10		D	HT	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30
(2) KHON		3	3	Wake Up 2Day		Wake Up 2Day - Take 2		Living 808		Live With Kelly and Ryan		The 700 Club		The Rachael Ray Show	
(4) KITV		4	4	Good Morning America				The View		The Dr. Oz Show		StrahanSaraKeke		News	Justice
(9) KHII		5	5	Wake Up 2Day		Wake Up 2Day - Take 2		Solar/ Paid	Paid Program	Divorce Court	Divorce Court	Judge Mathis		Paid/ Solar	Paid Program
(5) KGMB		7	7	Hawaii News Now Sun.		CBS This Morning				The Price Is Right		Paid/ Winning	Bold & B.	Let's Make a Deal	
(11) KHET		10	11	C.George	Pinka-Peter	Xavier Riddle	Dinosaur T.	Daniel Tiger	D.Tiger	Molly Denali	Ready Jet Go!	Peg + Cat	Cat in the Hat	Sesame St.	SplashBubble
(13) KHNL		8	8	Today				Today III		Today With Hoda and Jenna		Tamron Hall		Various	Various
(14) KWHE		11	14	Life Today	Various	Sumrall	Through Bible	Business	Various	Paid Program	Paid Program	Joyce Meyer	Life Today	Lone Ranger	Heartland
(20) KIKU		9	20	News Express	Business	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid	Paid	Various	
KFVE		22	13	Hawaii News Now: Sun		Hawaii News Now Sun		The Wendy Williams Show		The Real		Goldberg	Goldberg	TMZ Live!	
(26) KAAH*		26	26	S. Furtick	PastorMorris	Enjoying Life	Better Tog.	Life Today	Jewish/Jesus	The 700 Club		John Hagee	Various	Praise	(Th) B. Graham
(32) KBFD		2	6	Off Air				Paid Program		Paid Program		Paid Program	Various	News/Shady Mom-in-Law	
(44) KWBN			44	Marcus and Joni Lamb		Various	Various	Various	Today	Joseph Prince	Gary Keesee	Various	Bill Winston	Paula White	Reflections
(46) KHLU		35	-	Despierta America						Que te perdone Dios... Yo no		Noticiero	Los guapos	Hoy	
(66) KPXO	M	27	27	Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Criminal Minds		Criminal Minds		Criminal Minds	
	Tu			Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Criminal Minds		Criminal Minds		Criminal Minds	
	W			Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Blue Bloods		Blue Bloods		Blue Bloods	
	Th			Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Chicago P.D.		Chicago P.D.		Chicago P.D.	
	F			Zoo Clues	Zoo Clues	NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles	
A&E		547	129	First48	(W) Court C.	Various	(W) Court C.	Various		Various	(F) Live PD	Various	(F) Live PD	Various	(F) Live PD
AHC*		345	137	UFOs: Un/ Weapon/ Triggers		Various		Various		Various		Various		Various	
AMC		600	159	Various	Movie	(Tu) Movie		(W) Movie	(Th) Movie	(M) Movie		(Tu) Movie / (F) Movie		(W) Movie	
ANPL	M	329	107	Dr. Jeff: Rocky Mountain Vet		The Vet Life		Crikey! It's the Irwins		The Secret Life of the Zoo		The Zoo		Pit Bulls & Parolees	
	Tu			The Secret Life of the Zoo		The Vet Life		Crikey! It's the Irwins		Dr. Jeff: Rocky Mountain Vet		The Zoo		Pit Bulls & Parolees	
	W			Dr. Jeff: Rocky Mountain Vet		The Vet Life		Crikey! It's the Irwins		The Secret Life of the Zoo		The Zoo		Pit Bulls & Parolees	
	Th			The Secret Life of the Zoo		The Vet Life		Crikey! It's the Irwins		Dr. Jeff: Rocky Mountain Vet		The Zoo		Pit Bulls & Parolees	
	F			Dr. Jeff: Rocky Mountain Vet		The Vet Life		Crikey! It's the Irwins		The Secret Life of the Zoo		The Zoo		Pit Bulls & Parolees	
BRAVO	M	560	237	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
	Tu			Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules	
	W			Housewives/NewJersey		Housewives/NewJersey		Housewives/NewJersey		Housewives/NewJersey		Housewives/NewJersey		Housewives NJ cont'd next	
	Th			Million Dollar List		Million Dollar List		Million Dollar List		Million Dollar List		Million Dollar List		Million Dollar List	
	F			Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules	
CNBC		116	176	Fast Money Halftime Report		The Exchange		Power Lunch		Closing Bell				Fast Money	(F) Options
CNN		113	172	Inside Politics		CNN Right Now		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		The Situation Room	
COMEDY		545	142	Various	Various	Various	Various	Various	Various	SouthPk/ Clevela./ '70s Show		Various	Various	Various	Various
CSPAN		45	61	(M) U.S. House of Representatives						(F) Public Affairs Events					
CW		93	2	Wake Up 2Day		Wake Up 2Day - Take 2		Access Daily		Solar/ Paid	Paid Program	Cops	Cops	Judge Jerry	Judge Jerry
DISC	M	333	131	Fast N' Loud		Fast N' Loud		Fast N' Loud		Fast N' Loud		Fast N' Loud 1/2 cont'd next		Fast N' Loud Pt. 2 of 2	
	Tu			Naked and Afraid		Guardians of the Glades		Guardians of the Glades		Guardians of the Glades		Guardians of the Glades		Guardians of the Glades	
	W			Strange Evidence		Strange Evidence		Strange Evidence		Strange Evidence		Man Vs. Bear		Man Vs. Bear	
	Th			To Be Announced		To Be Announced		To Be Announced		Homestead Rescue		Homestead Rescue		Homestead Rescue	
	F			Diesel Brothers		Diesel Brothers		Dirty Mudder Truckers		Gold Rush: White Water		Gold Rush: White Water		Gold Rush: White Water	
DISNEY*		444	98	T.O.T.S.	Bluey	Mickey M.	Mickey M.	MixedUp	T.O.T.S.	Puppy Pals	PupPals	MuppetB	Gigantos	Vampirina	MixedUp
E!*		549	24	E! News	Botched	Botched	Kardash	Botched	Kardash	Botched	Kardash	Pop of the Morning		The Daily Pop	
ESPN		222	70	SportsCenter			NFL Live			NBA: The Jump		High Noon	Highly?	Around Horn	Interruption
ESPN2		224	74	First Take				Jalen & Jacoby		NFL Live			College Football Live		Highly?
FILI		688	320	Various	Various						Various	Pamilya Ko	Sandugo		Kadenang
FNC		109	178	Outnumbered		Outnumbered Overtime		The Daily Briefing		Fox News Reporting		Your World		The Five	
FOOD	M	321	231	Paid Program	Pioneer	The Kitchen		The Kitchen		The Kitchen		Challenge		Kids Baking Championship	
	Tu			Paid Program	Pioneer	S. Kitchen	S. Kitchen	S. Kitchen	S. Kitchen	S. Kitchen	GirlMeetFarm	Pioneer	Serves It Up	Chopped Junior	
	W			Paid Program	Pioneer	Cooking	Cooking	Cooking	Cooking	Cooking	Cooking	Pioneer	Pioneer	Guy's Grocery Games	
	Th			Paid Program	Pioneer	The Kitchen		The Kitchen		The Kitchen		Pioneer	Pioneer	Worst Cooks in America	
	F			Paid Program	Pioneer	Basics	Basics	Basics	Basics	Basics	Basics	Pioneer	Pioneer	Diners...Dives	Diners...Dives
FREE*		538	122	Superstore	Superstore	Superstore	Superstore	Superstore	700 Club	The 700 Club		Various	(M) Middle	Middle/ Party 5	(M) Middle
FSW	M	226	-	Basketball West Virginia vs. Kansas State NCAA				Hockey Nashville Predators at Los Angeles Kings NHL				Kings Weekly	Red Bull Air Race		
	Tu			Basketball Villanova at Marquette NCAA Milwaukee, Wis.				Hockey Columbus Blue Jackets at Los Angeles Kings NHL				Post-game	Kings Weekly	AnglerChron.	Fishing
	W			Basketball Villanova at Creighton NCAA Omaha, Neb.				Football Holiday Bowl Iowa vs. USC NCAA Site: SDCCU Stadium San Diego, Calif.						Football Cal./Ill. NCAA	
	Th			Basketball Set. Hall/Xav.		Football Holiday Bowl Iowa vs. USC NCAA Site: SDCCU Stadium San Diego, Calif.						WSL Highlights		Red Bull Signature Rampage	
	F			Red Bull Signature Series Rampage			Red Bull H/L	Hockey Los Angeles Kings at Vegas Golden Knights NHL				Post-game	Kings Weekly	Snow Motion	Big East
FSWPT		228	-	Paid Program	Paid Program	Various	(M Tu) Fishing	Match/ WSL	(MTu) BreakPar	Various	(F) Red Bull	(Th) Football/(F) Football		Various	ClipWeek
FX		554	124	(M W) Mike&M.	Various	Movie	Movie/ M.Molly	(F) Movie	(W) Movie	(M) Movie	(Tu) Movie	(Th) Movie	(F) Movie	(W) Movie	(Tu) Movie
GOLF		216	86	Various	(Th) Movie	(Tu W) Feherty		(M) Golf	(Th) Movie	(Tu W) Feherty/(F) Golf		(Tu W) Feherty	(Th) Masters	Feherty	PGATour
HALL		452	128	Golden Girls	Golden Girls	Home and Family				Home and Family				Movies	
HGTV	M	323	232	Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It	
	Tu			Fixer Upper Special		Fixer Upper		Fixer Upper		Fixer Upper		Fixer Upper		Fixer Upper	
	W			Property Brothers		Property Brothers		Property Brothers		Property Brothers		Property Brothers		Property Brothers	
	Th			Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt	Bargain Hunt
	F			Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life	Bahamas Life
HISTORY	M	327	133	Modern Marvels						American Pickers		American Pickers		American Pickers	
	Tu			CountCars	C.Cars:Drive	CountCars	CountCars	CountCars	CountCars	CountCars	CountCars	CountCars	CountCars	CountCars	CountCars
	W			Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
	Th			Guide to the Mob		Outlaw Chronicles		Outlaw Chronicles		Outlaw Chronicles		Outlaw Chronicles		Outlaw Chronicles	
	F			In Search of Aliens		In Search of Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	

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News Movies Sports

01/06 to 01/10		D	HT	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30
HBO	M	611	502	★★★★ Mr. Holland's Opus		**Liberty: Mother of Exiles**			★★ Notting Hill (Rom, '99) *Julia Roberts, Hugh Grant.*				★★ King Arthur (Fant, '04) *Clive Owen.*		
	Tu			★★★ Big Trouble in Little China			★★★★ First Man (Bio, '18) *Claire Foy, Ryan Gosling.*					**Torn Apart**	★★★★ Truth or Dare (Hor, '18) *Lucy Hale.*		
	W			★★ Corky Romano		★★★★ Diego Maradona (Doc, '19)					★★★★ Welcome to Marwen (Bio, '18) *Steve Carell.*				**Movie**
	Th			**Movie**	★★★ Spanglish (Com/Dra, '04) *Téa Leoni, Adam Sandler.*					★★★ Chocolat (Rom, '00) *Johnny Depp, Juliette Binoche.*				★★ King Arthur (Fant, '04)	
	F			★★★★ Hail, Caesar! (Com/Dra, '16)		**Well Groomed**			★★★★ The Rundown (Adv, '03) *Dwayne Johnson.*				★★★ I, Robot (Sci-Fi, '04) *Will Smith.*		
HBO2		612	503	(M) Movie / (W) Movie		**Movies**					**Movies**	(F) Movie		**Various**	(M) Movie
LIFE		448	226	**The Closer**		**The Closer**		**The Closer**		**Grey's/Queens**	**King-Queens**	**Grey's/Queens**	**King-Queens**	**Grey's/Queens**	**King-Queens**
MAX	M	622	515	★★ I Am Sam (Dra, '01) *Michelle Pfeiffer, Sean Penn.*				★ Griff the Invisible (Com, '10) *Ryan Kwanten.*				★★ Black Knight (Com, '01)			★★ The Meg
	Tu			★ The Art of Getting By		★★ Devil (Hor, '10) *Chris Messina.*			★★★ Unstoppable (Act, '11)			★★★★ Clerks (Com, '94) *Brian O'Halloran.*			**Movie**
	W			★★ Jeepers Creepers (Hor, '01) *Gina Philips.*		★★ Tomb Raider (Act, '18) *Alicia Vikander.*					★★★ Fight Club (Psy, '99) *Edward Norton, Brad Pitt.*				
	Th			★★★ Dick Tracy (Com/Dra, '90) *Madonna, Warren Beatty.*		★ A Fantastic Fear of Everything (Com, '14)					★★★★ Little Shop of Horrors (Mus, '86)			★★ The Mask (Com, '94)	
	F			**Movie**	★★★ Contagion (Act, '11) *Kate Winslet, Matt Damon.*				★ Jessabelle (Hor, '14) *Sarah Snook.*			★★★ Marvin's Room (Dra, '96) *Meryl Streep.*			**Movie**
MSNBC		107	175	**Andrea Mitchell Reports**		**MSNBC Live**		**MSNBC Live With Katy Tur**		**MSNBC Live With Ali Velshi**		**Deadline: White House**		**MTP Daily**	
NATGEO		347	130	**Various**		**Various**		**Various**		**Various**		**Various**		**Various**	
NGN		677	-	**Okazu**	(M) **Video/Scarlet/News**		**Various**		**Various**	**SamaNo**	**Various**	**JapaNews 24**	**Various**	**RamenNo**	**Okazu/Sweets**
NICK		446	100	**Guppies**	**Various**	**PAW Patrol**	**PAW Patrol**	**Blue's Clues**	**PAW Patrol**	**RyanPly/ PAW**	**PAW Patrol**	**Machines**	**PAW Patrol**	**Sponge/ LEGO**	**SpongeBob**
OC16	M	16	-	**Champ Show**	**Joy Crafting**	**Cookin' Cutty**	**Fishing Adv.**	**Pilates**	**Outside HI**	**Painting**	**Joy Crafting**	**Cook Haw'n**	**Skin Diver**	**Pakele Live**	**The Pet Hui**
	Tu			**Champ Show**	**Island Driver**	**Ocean**	**The Pet Hui**	**Pilates**	**Outside HI**	**FashionSense**	**Joy Crafting**	**Cook Haw'n**	**Every Hawaii**	**Flhi Girlz**	**Sports**
	W			**Champ Show**	**Japan**	**Every Hawaii**	**Flhi Girlz**	**Pilates**	**Outside HI**	**Painting**	**Joy Crafting**	**Cook Haw'n**	**Gameday Hawaii / Basketball**		**H.S.**
	Th			**Champ Show**	**Cook Haw'n**	**Hawaii Goes Fishing**		**Pilates**	**Outside HI**	**FashionSense**	**Joy Crafting**	**Cook Haw'n**	**Da Braddahs**	**Cookin' Cutty**	**Pilates**
	F			**Champ Show**	**Sports**	**Skin Diver**	**FashionSense**	**Pilates**	**Outside HI**	**Painting**	**Joy Crafting**	**Cook Haw'n**	**Island Driver**	**Hawaii Goes Fishing**	
OCSPT	M	12	89	**Volleyball**	**Softball** UT-Arlington vs. Texas **NCAA**					**Football** Oregon State vs. Hawaii **NCAA**					
	Tu			**BasketC.**	**Baseball Classics** UC Irvine vs. Hawaii **NCAA**							**Softball** UC Riverside vs. Hawaii **NCAA**			**Football**
	W			**BasketC.**	**Soccer Classics** Samford vs. Hawaii **NCAA**				**Football Classics** Hawaii vs. New Mexico **NCAA**						
	Th			**Baseball Classics** Longwood vs. Hawaii **NCAA**					**Basketball Classics** New Orleans vs. Hawaii **NCAA**				**Softball** UC Riverside vs. Hawaii **NCAA**		
	F			**Baseball Classics** Oregon vs. Hawaii **NCAA**						**Basketball Classics** San Francisco vs. Hawaii **NCAA**				**Basket. Classics**	
OLELO53	M	53	53	**Off Air**		**Sports Programming**				**Kempo**	**Judo Assoc.**	**Sports Programming**			
	Tu			**Deutsche Welle**		**Arts Programming**								**Art Easy**	**Star Tracks**
	W			**Deutsche Welle**		**Community Programming**							**Vietnam TV Hawaii**		**Mindful**
	Th			**Deutsche Welle**		**Cultural/ Ethnic Programming**						**HI Memories**	**Beauties and Festivities**		**Cultural**
	F			**Deutsche Welle**		**Pacific Islander Programming**						**Faafiafiaga Suifefiloi**		**Maimoaga I Samoa**	
OLELO54		54	54	**Democracy Now!**		**Various**	**Social/ Mental**	(M) **News**/(Tu-Th) **Inside**		(M) **Newswire Hawaii**		(M) **Social/ Political Programming**			
OLELO55		55	55	(M) **Wisdom of Buddhism**		**Inspirational Programming**			(M) **Jesus Cares Ministries**		(M) **Tap In**	(W) **Nazkine**	(M W) **Insp.**	**Baptist/ Islam**	**KumuOla**
OWN*		343	242	**Dr. Phil**		**Dr. Phil**		**Dr. Phil**		**Dr. Phil**		**Dr. Phil**		**Dr. Phil**	
OXY		558	229	**NCIS: LA/ Chicago/ Snap.**		**NCIS: LA/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**	
PARMT		559	141	**Mom**	**Mom**	**Mom**	**Mom**	**King-Queens**	**King-Queens**	**King-Queens**	**King-Queens**	**King-Queens**	**King-Queens**	**King-Queens**	**King-Queens**
SHOW*	M	633	451	★★★★ Blue Streak (Com, '99)			★★ Biker Boyz (Act, '03) *Derek Luke, Laurence Fishburne.*				★★★ What's Love Got to Do With It? (Bio, '93)				**Movie**
	Tu			★★ Days of Thunder		★ Rust Creek (Dra, '19) *Denise Dal Vera, Hermione Corfield.*				**The Making of**/★★★★ The Impossible (Dra, '12)				★★ Second Act (Com, '18)	
	W			**Movie**	★★ Jerry Maguire (Rom, '96) *Cuba Gooding Jr., Tom Cruise.*					★★ Mad Max (Sci-Fi, '79) *Mel Gibson.*			★★★★ Molly's Game (Bio, '17)		
	Th			**New Order: Decades**		**DuranDuranSomething**		★★ Pavarotti (Doc, '19) *Spike Lee, Luciano Pavarotti.*				★★ At Eternity's Gate (Bio, '18) *Rupert Friend, Willem Dafoe.*			
	F			★★★★ I Feel Pretty (Com, '18) *Amy Schumer.*		★★★★ Major League (Com, '89) *Charlie Sheen.*					★★★ A League of Their Own (Com/Dra, '92) *Geena Davis.*				**Movie**
SYFY	M	557	144	★ Hardcore Henry (Act, '15) *Haley Bennett, Sharlto Copley.*				★★ Gamer (Act, '09) *Amber Valletta, Gerard Butler.*				★ Misconduct (Thril, '16) *Al Pacino, Josh Duhamel.*			
	Tu			★ Neverknock (Hor, '17) *Eliana Jones.*				★ Misconduct (Thril, '16) *Al Pacino, Josh Duhamel.*				★ Lake Placid vs. Anaconda (Hor, '15) *Robert Englund.*			
	W			**The Magicians**		★ The Whole Truth (Dra, '16) *Renée Zellweger, Keanu Reeves.*				★★★ Evil Dead (Hor, '13) *Shiloh Fernandez, Jane Levy.*				★ Arsenal (Act, '17)	
	Th			**CSI: Crime Scene**		**CSI: Crime Scene**			★★ Need for Speed (Act, '14) *Imogen Poots, Aaron Paul.*				★★ Land of the Lost (Adv, '09) *Will Ferrell.*		
	F			**Z Nation**	**Z Nation**		**Z Nation**								★ The Prince
TBS		551	121	(M) **Friends**	**Friends/Sein.**	**Friends**	**Friends**	**Friends**	**Friends**	**Friends**	**Friends**	**Am.Dad**	**Am.Dad**	**Am.Dad**	**Am.Dad**
TCM	M	602	157	★★★★★ Air Force (Act, '43)		★★★ Hunt the Man Down (Myst, '50)			★★ Slaughter Trail (West, '51)			★★ The Tunnel of Love (Com, '58)			**Movie**
	Tu			★★★★ Your Cheatin' Heart (Mus, '64) *George Hamilton.*				**Bob Wills & His Texas Playboys**			★ Outlaw Blues (Dra, '77) *Johnny Crawford, Peter Fonda.*				**Movie**
	W			★★★★ The Haunting (Hor, '63) *Julie Harris.*		★★★★ Before Dawn (Dra, '33)			**That's the Spi**	★★★★ House on Haunted Hill (Myst, '58)			★★ Tormented (Thril, '60) *Richard Carlson.*		
	Th			★★★★ The Phantom of Cre...		★★★★ Millie (Cri, '31) *Helen Twelvetrees.*			★★ Everything's Rosie (Com, '31)			★ The Firebird (Myst, '34) *Verree Teasdale.*			**Movie**
	F			★★★ The Burning Hills (West, '56) *Natalie Wood, Tab Hunter.*				★★★ The Danger Signal (Thril, '45)			★★★ Flamingo Road (Dra, '49)			★ Indestructible Man	
TLC*		331	132	**Not-Wear**/(Th) **Sister Wives**		**Various**		**Various**		(M) **Feet Kill Me / Dr. Pimple**		**Dr. Pimple** / (Th) **Feet Kill Me**		**Hoarding**/(W) **1000lb**	
TMC	M	644	467	★ The 4th (Com, '16)		★★★★ Death at a Funeral (Com, '07)			★ The Aspern Papers (Dra, '18)			★ Tell It to the Bees (Dra, '18) *Holliday Grainger, Anna Paquin.*			
	Tu			**Movie**	★ Flypaper (Com, '11) *Ashley Judd.*			★★ The Pink Panther (Com, '06)			★ They Remain (Thril, '18)			★★ D.C. Cab (Com, '83)	
	W			★ Fair Game (Dra, '10)		★★★★ Airplane! (Com, '80) *Robert Hayes.*			★★ The Crocodile Hunter: Collision Course			★★★ Clue (Myst, '85) *Tim Curry.*			**Momma**
	Th			★★★★ Young Guns (West, '88)			★★ Car Wash (Com, '76) *Richard Pryor.*			★★ Extraterrestrial (Hor, '14) *Brittany Allen.*				★★ Cutting Class (Susp, '89)	
	F			**Movie**	★★ Young Guns II (West, '90) *Emilio Estevez.*				★★ Winchester (Bio, '18) *Helen Mirren.*			★★★ Mimic (Hor, '97) *Josh Brolin, Mira Sorvino.*			
TNT		553	125	**Charmed**		**Supernatural**		**Supernatural**		(M) Movie / **Supernatural**		**Supernatural**		**Super./ Bones**	(M) Movie
TOON		440	103	**TeenTitanGo!**	**TeenTitanGo!**	**Craig Creek**	**Craig Creek**	**Gumball**	**Gumball**	**Victor**	**Victor**	**Gumball**	**Gumball**	**Gumball**	**Gumball**
TRAVEL*	M	325	139	**Haunted Hospitals**		**Haunted Hospitals**		**Haunted Hospitals**		**Haunted Hospitals**		**Haunted Hospitals**		**Haunted Hospitals**	
	Tu			**My Haunted House**		**My Haunted House**		**My Haunted House**		**My Haunted House**		**My Haunted House**		**My Haunted House**	
	W			**A Haunting**		**A Haunting**		**A Haunting**		**A Haunting**		**A Haunting**		**A Haunting**	
	Th			**Scariest Night of My Life**		**Scariest Night of My Life**		**Scariest Night of My Life**		**Scariest Night of My Life**		**Scariest Night of My Life**		**Scariest Night of My Life**	
	F			**Amish Haunting**		**Amish Haunting**		**Fear the Woods**		**Fear the Woods**		**Fear the Woods**		**Fear the Woods**	
TVLAND		441	127	**A. Griffith**	**A. Griffith**	**A. Griffith**	**A. Griffith**	**Bonanza**		**Gunsmoke**		**Gunsmoke**		**Gunsmoke**	
USA*		555	123	**NCIS:LA**	(Th) **NCIS: LA**	**NCIS/ NCIS**	(Th) **NCIS**	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**
WE		451	230	**Paid Program**	**Paid Program**	**CSI/ Law:CI/ Lockup**		**CSI/ Law:CI**	(W) **LawOrder**	**CSI/ Law:CI**	(W) **LawOrder**	**CSI/ Law:CI**	(W) **LawOrder**	**CSI/ Law:CI**	(W) **LawOrder**

D – Spectrum Digital **HT – Hawaiian Telcom** ***Programming on HT may not match the times listed**

News | Movies | Sports

01/06 to 01/10		D	HT	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
(2) KHON		3	3	Family Feud	Family Feud	The Mel Robbins Show		Dr. Phil		News	Inside Edition	News	KHON2 News	KHON2 News	Wheel
(4) KITV		4	4	General Hospital		FunnyAsk	FunnyAsk	The Dr. Oz Show		The Ellen DeGeneres Show		KITV News 5	News	KITV Island News	
(9) KHII		5	5	The People's Court		Dateline		The Doctors		Living 808		Family Feud	Family Feud	Mom	The Big Bang
(5) KGMB		7	7	The Young and the Restless		The Talk		The Kelly Clarkson Show		Jeopardy!	Jeopardy!	News	Evening News	Hawaii News	Ent. Tonight
(11) KHET		10	11	Various	Various	Various	Various	Wild Kratts	Nature Cat	Arthur	Odd Squad	Various	Various	World News	News
(13) KHNL		8	8	Days of Our Lives		Judge Judy	Judge Judy	Hot Bench	Hot Bench	Judge Judy	Judge Judy	News	Hawaii News	NBC News	Modern Fam
(14) KWHE		11	14	Outdoor	Celeb Page	Various	Various	Various	Various	Various	Various	AmericaCourt	AmericaCourt	A. Griffith	A. Griffith
(20) KIKU		9	20	Rocket/ CSI 3	(W) Oshin	(Th F) Paid	(W-F) Paid	Paid Program	Paid Program	Once Upon a Kiss		Balitang	TV Patrol		Various
KFVE		22	13	This Minute	This Minute	America Says	America Says	25 Words or	25 Words or	Last Man St.	Last Man St.	Tamron Hall		Hawaii News	Hawaii News
(26) KAAH*		26	26	Various	Various	JohnGray	Potter Touch	Praise/ T.Point	(W) G. Gospel	Various	Various	Various	Various	Praise/ Furtick	(W) Greatest
(32) KBFD		2	6	Flower/ LiverDie/ OnlyOne		(Tu W) VIP / (Th F) Hodge Stove League			Various	KBFD News	Paid Program			(Tu) Religious	Various
(44) KWBN			44	Various	Various	Various	John Hagee	Gospel Truth	Table Talk	Marcus and Joni Lamb		Various	Various	Various	K. Copeland
(46) KHLU		35	-	Como dice el dicho		Hijas de la Luna		El gordo y la flaca		Primer impacto		Noticiero	Noticiero	La rosa de Guadalupe	
(66) KPXO	M	27	27	Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds	
	Tu			Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Crim. Minds 1/2 cont'd next	
	W			Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods	
	Th			Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.	
	F			NCIS: Los Angeles		NCIS: Los Angeles		NCIS: LA Pt. 1 of 2 cont'd next		NCIS: Los Angeles Pt. 2 of 2		NCIS: Los Angeles		NCIS: Los Angeles	
A&E		547	129	First48	(F) Live PD	Various	(M F) Live PD	Various	(M) Live PD	LivePD	(M) Live PD	Various	(M) Live PD	Various	(M) Live PD
AHC*		345	137	Various		Various		Various		Various		Various		Various	
AMC		600	159	Movie	(Tu) Movie / (Th) Movie			(W) Movie	Movie	(Th) Movie				Movies	
ANPL	M	329	107	Pit Bulls & Parolees		Alaska: Frozen Edge		Alaska: Frozen Edge		Alaska: Frozen Edge		Alaska: Frozen Edge		Puppy Bowl / Alaska: Edge	
	Tu			Pit Bulls & Parolees		Treehouse Masters		Treehouse Masters		Treehouse Masters		Treehouse Masters		Puppy Bowl/TM: Branched	
	W			Pit Bulls & Parolees		I Was Prey		I Was Prey		I Was Prey		I Was Prey		Puppy Bowl/I Was Prey (SP)	
	Th			Pit Bulls & Parolees		Lone Star Law		Lone Star Law		Lone Star Law		Lone Star Law		Puppy Bowl / Lone Star Law	
	F			Pit Bulls & Parolees		Tanked!		Tanked!		Tanked!		Tanked!		Puppy Bowl / Tanked	
BRAVO	M	560	237	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
	Tu			Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		VanderpumpR cont'd next		VanderpumpR cont'd next		Vanderpump Rules Pt. 3 of 3	
	W			Housewives NJ Pt. 2 of 2		Wives Dallas cont'd Jan 15		Housewives/NewJersey		Housewives/NewJersey		Housewives/NewJersey		Housewives/NewJersey	
	Th			Project Runway			Project Runway			Project Runway			Project Runway		
	F			Vanderpump Rules		Vanderpump Rules		Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley
CNBC		116	176	Mad Money		(M) Amer. Greed/Shark Tank		(M) Amer. Greed/Shark Tank		(M) Amer. Greed/Shark Tank		Various		Various	
CNN		113	172	The Situation Room		OutFront		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight		CNN Tonight	
COMEDY		545	142	Various	Various	Various	Various	Office	Office	Office	(M Tu Th) Office/(W F) SouthPk	Office		Office	Office
CSPAN		45	61	Public Affairs Events						Politics & Public Policy Today					
CW		93	2	In Providence	In Providence	Prot. Court	Prot. Court	The Jerry Springer Show		Maury		Dr. Phil		Access H.	Two 1/2 Men
DISC	M	333	131	Fast N' Loud Pt. 2 of 2		Diesel Brothers		Diesel Brothers		Diesel Brothers		Diesel Brothers		Diesel Brothers (SF)	
	Tu			Guardians of the Glades		Moonshiners		Moonshiners		Moonshiners		Moonshiners		Moonshiners: Outlaw Cuts	
	W			Man Vs. Bear		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People	
	Th			Homestead Rescue		Homestead Rescue		Homestead Rescue		Homestead Rescue		Homestead Rescue		Homestead Rescue	
	F			Gold Rush: White Water		Gold Rush		Gold Rush		Gold Rush: Dirt cont'd next		Gold Rush: Pay Dirt Pt. 2 of 2		Gold Rush	
DISNEY*		444	98	T.O.T.S./ Nancy	T.O.T.S./ Elena	Various	CatNoir	BigCityGreen	BigCity	BigCity	BigCity	Jessie	Jessie	Various	Raven's Home
E!*		549	24	Cash Cab	Various	Various	Kardash	Various	Movie/ Botched	Various	(F) Movie	Various	(Tu) Movie	Botched/ Kardash/ VeryCav.	
ESPN		222	70	SportsCenter		Various	(M) Football	(F) Basketball		(Tu Th) Basketball		(W) Basketb.	(F) Basketball	(M Tu Th) SportsCenter	
ESPN2		224	74	Daily Wager		(M) Basketball / (M-F) Basketball / (F) Basketball				(M) Basketb./(M-F) Basketb./(F) Basketb.			(F) SportsC.	Various	(M) NFL Live
FILI		688	320	FPJ Ang	Starla		K.Bride	Various	TV Patrol: Global Edition		Balitang	FPJ Ang Probinsyano		Starla	Various
FNC		109	178	Special Report		The Story		Tucker Carlson Tonight		Hannity		The Ingraham Angle		Fox News @ Night	
FOOD	M	321	231	Kids Baking Championship		Kids Baking Championship		Kids Baking Championship		Kids Baking Championship		Kids Baking: Extra		Kids Baking Championship	
	Tu			Chopped		Chopped		Chopped		Chopped		Chopped		Chopped	
	W			Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games	
	Th			Beat Flay	Beat Flay	Beat Flay	Beat Flay	Beat Flay	Beat Flay	Beat Flay	Beat Flay	Restaurant: Impossible		Restaurant: Impossible	
	F			Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives
FREE*		538	122	The Middle	The Middle	Middle/ Party 5	The Middle	Middle/ Party 5	The Middle	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Movies	
FSW	M	226	-	Spotlight	Focused	Snow Motion	Poker WPT		Poker WPT		Kings Weekly	Pregame	Hockey Columbus vs Los Angeles		
	Tu			WSL Highlights		Snow Motion	Big East	Football Holiday Bowl Iowa vs. USC NCAA Site: SDCCU Stadium San Diego, Calif.						Football Cal./Ill. NCAA	
	W			Football Redbox Bowl California vs. Illinois NCAA				Basketball Oklahoma vs. Oklahoma State NCAA				Focused	Spotlight	Cliff Diving	
	Th			Red Bull	Red Bull Air Race			Crashed Ice Munich, Germany			Pregame	Hockey Los Angeles Kings at Vegas Golden Knights NHL			
	F			Hockey Los Angeles Kings at Vegas Golden Knights NHL				Focused	Spotlight	Golf Life	Snow Motion	Football Redbox Bowl California vs. Illinois NCAA			
FSWPT		228	-	RedBull	(M) Crankwor	Diving/ Basket.	(W) Basketb.	(M) Air Race/(Tu F) WSL		Various	Various	Various	(F) Basketball	(W) Before the Bigs	
FX		554	124	(M) Movie / (Th) Movie		(F) Movie	(W) Movie	(M) Movie	Movie	(F) Movie				Movies	
GOLF		216	86	(M-W) Golf C./(Th F) Pre-game		Various	(W) The CUT	(W) Golf Classics 2019 Sony Open			(Tu) Movie		(Th F) Golf C.	(M) Golf Central/(W-F) Golf	
HALL		452	128	Movies		Movies				Movies				Movies	
HGTV	M	323	232	Love It or List It		House Hunter	House Huntrs	Love It or List It		Love It or List It		Love It or List It		Love It or List It	
	Tu			Fixer Upper		House Hunter	House Huntrs	Home Town		Fixer to Fabulous		Move and Improve		House Hunter	House Huntrs
	W			Property Brothers		House Hunter	House Huntrs	Property Brothers: F		Property Brothers: F		House Hunter	House Huntrs	House Hunter	House Huntrs
	Th			Bargain Hunt	Bargain Hunt	House Hunter	House Huntrs	Flip or Flop	Flip or Flop	Christina on	Christina on	House Hunter	House Huntrs	House Hunter	House Huntrs
	F			Bahamas Life	Bahamas Life	House Hunter	House Huntrs	Dream Home	Dream Home	Dream Home	Dream Home	House Hunter	House Huntrs	House Hunter	House Huntrs
HISTORY	M	327	133	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
	Tu			CountCars	CountCars	Counting Cars		The Curse of Oak Island		The Curse of Oak Island		The Curse of Oak Island		Curse of Oak Island	
	W			Pawn Stars	Pawn Stars	Pawn Stars		Pawn Stars		Forged in Fire		Forged in Fire		Forged in Fire	
	Th			Outlaw Chronicles		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
	F			Ancient Aliens		Ancient Aliens		Ancient Aliens		UFO Cover Ups: Secrets Revealed				UFOs: The White House Files	

D – Spectrum Digital HT – Hawaiian Telcom *Programming on HT may not match the times listed

News | Movies | Sports

01/06 to 01/10		D	HT	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
HBO	M	611	502	★★ King Arthur (Fant, '04)		★★★★ Shutter Island (Myst, '09) *Leonardo DiCaprio.*				★★ Bruce Almighty (Com/Dra, '03) *Jim Carrey.*				★★ Isn't It Romantic	
	Tu			**Movie**	★★★★ The Rundown (Adv, '03)			★★★★ Les Misérables (Mus, '12) *Russell Crowe, Hugh Jackman.*						The Aftermath	
	W			★★ Rush Hour 2 (Act, '01)		★★ Breakthrough (Bio, '19) *Chrissy Metz, Topher Grace.*				★★★★ Crazy, Stupid, Love. (Com/Dra, '11) *Steve Carell.*				★★★ Mrs. Doubtfire	
	Th			★★ King Arthur (Fant, '04)		**The Making of** ★ Rock the Kasbah (Com, '15) *Bill Murray.*				★ Seventh Son (Adv, '14) *Ben Barnes, Jeff Bridges.*				★★ Bruce Almighty	
	F			**Movie**	★★★★ Signs (Thril, '02) *Mel Gibson.*			**The Making of** ★★★★ Shutter Island (Myst, '09) *Mark Ruffalo, Leonardo DiCaprio.*						★★ War of the Worlds	
HBO2		612	503	(W) Movie / (F) Movie		(Tu) Movie	(Th) Movie	**Sports/ W. Groom/ Sports**		**Movies**				**Movies**	
LIFE		448	226	**Grey's/Queens**	**King-Queens**	**Various**	(F) **Queens**	(W) **Supernanny**		**Various**		**Super**	(W) **Married**	**Various**	
MAX	M	622	515	★★ The Meg (Act, '18) *Jason Statham.*			★★★ Super Troopers 2 (Com, '18)			★★★ Contagion (Act, '11) *Kate Winslet, Matt Damon.*				★★★ BlacKkKlansman	
	Tu			★★ What's Your Number? (Com, '11)			★★ Trust the Man (Com, '06)			★★ Jumpin' Jack Flash (Com, '86) *Whoopi Goldberg.*				★★★ Tag (Com, '18)	
	W			★★ The Ruins (Hor, '08) *Jena Malone.*			★★ Stay (Dra, '13) *Taylor Schilling.*			★★★ In Bruges (Com, '08) *Brendan Gleeson, Colin Farrell.*				★★ Spy Game (Dra, '01)	
	Th			★★ The Mask (Com, '94)		★★★ Die Hard With a Vengeance (Act, '95) *Bruce Willis.*				★★ In Time (Act, '11) *Amanda Seyfried, Justin Timberlake.*				★★ The Adjustment Bureau	
	F			★★★ Beautiful Girls (Dra, '96) *Matt Dillon.*			★★ Meet the Fockers (Com, '04) *Ben Stiller, Robert De Niro.*			★★ Halloween II (Hor, '81) *Jamie Lee Curtis.*				★★ The Predator (Act, '18)	
MSNBC		107	175	**The Beat With Ari Melber**		**Hardball**		**All in With Chris Hayes**		**The Rachel Maddow Show**		**The Last Word**		**The 11th Hour**	
NATGEO		347	130	**Various**		**Various**		**Various**		**Various**		**Various**		**Various**	
NGN		677	-	**Various**	**Daisuke/Brain**	**Various**	**Yumeguri**	**PONPON/Erin**	**Erin/Utagoe**	**Various**	**Various**	**Scarlet**	**PONPONJUMP!/News**		**Brain/News**
NICK		446	100	**SpongeBob**	**SpongeBob**	**SpongeBob**	**SpongeBob**	**Loud House**	**Loud House**	**Loud House**	**Loud House**	**Various**	(M-W) **Loud H.**	**Sponge**	**SpongeBob**
OC16	M	16	-	**Board Stories**	**Outside HI**	**FashionSense**	**Tiny TV**	**Showcase**	**Champ Show**	**Japan**	**Painting**	**Pilates**	**FlhiGirlz**	**Sports**	**Ocean**
	Tu			**Da Braddahs**	**Cook Haw'n**	**Cookin' Cutty**	**Tiny TV**	**Showcase**	**Champ Show**	**Fishing Adv.**	**OC/Gameday**	**Basketball H.S.**			**Basketball**
	W			**Basketball H.S.**			**Post-game**	**Showcase**	**Champ Show**	**The Pet Hui**	**FashionSense**	**Cookin' Cutty**	**Painting**	**Sports**	**Ocean**
	Th			**Japan**	**FlhiGirlz**	**Island Driver**	**Tiny TV**	**Showcase**	**Champ Show**	**Sports**	**Joy Crafting**	**Outside HI**	**Every Hawaii**	**Sports**	**Ocean**
	F			**Fishing Adv.**	**Sports Peopl**	**Japan**	**Tiny TV**	**Showcase**	**Champ Show**	**Skin Diver**	**Cook Haw'n**	**Pakele Live**	**Da Braddahs**	**Sports**	**Ocean**
OCSPT	M	12	89	**Football** Ore. St./Haw.		**Soccer Classics** UC Irvine vs. Hawaii **NCAA**				**Basketball Classics** Florida A&M vs. Hawaii **NCAA**				**Baseball Classic** Ia./Haw.	
	Tu			**Football Classics** Central Arkansas vs. Hawaii **NCAA**						**Soccer Classics** Cal Poly vs. Hawaii **NCAA**					
	W			**Beach Volleyball** Washington vs. Hawaii **NCAA**				**Baseball Classics** CSU Bakersfield vs. Hawaii **NCAA**						**Soccer Classics** UC I./Haw.	
	Th			**Football Classics** San Jose State vs. Hawaii **NCAA**						**Soccer Classics** Cal Poly vs. Hawaii **NCAA**					
	F			**Basket. Classics**		**Football Classics** Hawaii vs. UNLV **NCAA**						**Softball** UC Riverside vs. Hawaii **NCAA**			**Game On!**
OLELO53	M	53	53	**Sports Programming**										**Spirit Aloha**	**ArtsProgram.**
	Tu			**ArtsProgram.**	**Artists**	**ArtsProgram.**	**Kaneohe Christmas Parade**					**Leon & Malia**	**Spirit Aloha**	**Holomua 792**	**Community**
	W			**Community Programming**		**Short Take Block**			**Oahu Speaks**	**VN- TV**	**Democracy**	**Community**	**Holomua 792**	**Practical F.**	**Educational**
	Th			**Cultural/ Ethnic Programming**								**Hawaii Okinawa Today**		**Maimoaga I Samoa**	
	F			**Motu O Fiafiaga**		**Samoa Mo Samoa**		**Pacific Islander Programming**						**Native Hawaii Programming**	
OLELO54		54	54	**Social/ Political Programming**					(M) **Newswire Hawaii**		(M) **News**	(F) **Conserve**	**News**	**Various**	(W F) **Social**
OLELO55		55	55	**Inspirational Programming**		(Tu) **Reunion Church**		**Awaken**	**Various**	**Various**	(M) **Insp.**	**Various**	**Various**	**Various**	**Ekalesia/ Insp.**
OWN*		343	242	**Dr. Phil**		**Dateline/ Dr. Phil/ 20/20**		**Dateline/ Dr. Phil/ 20/20OWN**		**Dateline/ Dr. Phil/ 20/20**		**Dateline/ Dr. Phil/ 20/20OWN**		**Various**	
OXY		558	229	**NCIS/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**		**NCIS/ Chicago/ Snap.**		**Various**		**Various**		**Various**	
PARMT		559	141	**King of Queens**	**King-Queens**	**Two 1/2 Men**	**Two 1/2 Men**	**Two 1/2 Men**	**Two 1/2 Men**	**Cops/2½ Men**	**Cops/2½ Men**	**Cops/2½ Men**	**Various**	**Various**	(M) **Cops**
SHOW*	M	633	451	★★★★ Spotlight (Bio, '15) *Mark Ruffalo.*			★★★ Girl, Interrupted (Dra, '99) *Angelina Jolie, Winona Ryder.*					**The L Word: Generation Q**		**Shameless**	
	Tu			★★ Second Act (Com, '18)		★★★ Misery (Hor, '90) *James Caan, Kathy Bates.*				★★★ Total Recall (Sci-Fi, '90) *Arnold Schwarzenegger.*				**Ray Donovan**	
	W			★★★★ Molly's Game		★ The Professor (Dra, '18) *Johnny Depp.*			★★ On the Basis of Sex (Bio, '18) *Felicity Jones.*				**The Making of**	★★★ Flashdance (Dra, '83)	
	Th			★★ The House With a Clock in Its Walls (Fam, '18)				★★ The Family That Preys (Com, '08) *Alfre Woodard.*				**Shameless**		★★ Pavarotti (Doc, '19)	
	F			★★★ Little Women (Rom, '94)			★★★★ Green Book (Bio, '18)			**Boxing** Showtime: Special Edition Site: Ocean Casino Resort Atlantic City, N.J.					
SYFY	M	557	144	★ Misconduct	★ Lake Placid vs. Anaconda (Hor, '15) *Robert Englund.*				★ Piranha 3DD (Hor, '12) *Danielle Panabaker.*			★★ Hancock (Act, '08) *Charlize Theron, Will Smith.*			
	Tu			★ Piranha 3DD (Hor, '12) *Danielle Panabaker.*			★ Arsenal (Act, '17) *John Cusack, Nicolas Cage.*					★★ G.I. Joe: Retaliation (Act, '13) *Dwayne Johnson, Channing Tatum.*			
	W			★ Arsenal (Act, '17)		★★ Need for Speed (Act, '14) *Imogen Poots, Aaron Paul.*						★★ Ghost in the Shell (Act, '17) *Pilou Asbaek, Scarlett Johansson.*			
	Th			**Movie**	★★★★ Skyfall (Act, '12) *Helen McCrory, Daniel Craig.*							★★★ Mad Max: Fury Road (Act, '15) *Tom Hardy.*			
	F			★ The Prince (Thril, '14) *Jason Patric.*			★★ Fantastic 4: Rise of the Silver Surfer (Act, '07)					★★ Power Rangers (Act, '17) *RJ Cyler, Dacre Montgomery.*			
TBS		551	121	(M) **BobBrg**	**BobBrg**	**BobBrg**	**BobBrg**	**BobBrg**	**Fam.Guy**	**Family Guy**	**Family Guy**	**Various**	**Various**	**BBang**	**BBang**
TCM	M	602	157	★★ Old Acquaintance (Dra, '43) *Bette Davis.*				**Scandal: The Trial**		★★★★ Red Dust (Dra, '32) *Jean Harlow, Clark Gable.*				★★★★ The Maltese Falcon	
	Tu			★★★ Honeysuckle Rose (Dra, '80) *Amy Irving, Willie Nelson.*				★★★ The Fountainhead (Dra, '49) *Gary Cooper.*				★★★ Bright Leaf (Dra, '50) *Lauren Bacall, Gary Cooper.*			
	W			★★★ Poltergeist (Hor, '82) *JoBeth Williams.*				★★★ Some Like It Hot (Com, '59) *Jack Lemmon.*				★★ The St. Valentine's Day Massacre (Dra, '67)			
	Th			**Movie**	★★★ Brides Are Like That (Com, '36)			★★ The Phenix City Story (Dra, '55) *John McIntire.*				**Somebody**	★★★ Gaslight (Thril, '44) *Ingrid Bergman.*		
	F			**Movie**	★★ Act of Violence (Dra, '49) *Van Heflin.*			★★★★ Written on the Wind (Dra, '56) *Rock Hudson.*				★★★ Magnificent Obsession (Dra, '54) *Rock Hudson.*			
TLC*		331	132	**Hoarding**/(W) **My 600-lb Life**		**My 600-lb Life**		(M) **My 600-lb Life**		**Say Yes/ My Big/ 600-lb**		(M Th F) **Say Yes**/(Tu) **My Big**		**Various**	
TMC	M	644	467	★ Wildlife (Dra, '18) *Ed Oxenbould.*			★★ Car Wash (Com, '76) *Melanie Mayron, Richard Pryor.*				★★ Mile 22 (Act, '18) *Mark Wahlberg.*			★★ The Hummingbird Pro...	
	Tu			★★ D.C. Cab (Com, '83)		★★ The Fighting Temptations (Com, '03) *Cuba Gooding Jr..*				★★★ Lars and the Real Girl (Com, '07) *Ryan Gosling.*				★★★ When Harry Met Sally	
	W			★ General Magic (Doc, '18)			★ Marci X (Com, '03) *Lisa Kudrow.*			★★★★ Capote (True, '05) *Philip Seymour Hoffman.*				★★★★ The Death of Stalin	
	Th			**Movie**	★ The Dark Tower (Act, '17) *Idris Elba.*			★★★★ The English Patient (Rom, '96) *Juliette Binoche, Ralph Fiennes.*						★★ The Singing Detective	
	F			★★ Level 16 (Sci-Fi, '18) *Katie Douglas.*			★ Wildling (Dra, '18) *Bel Powley, Liv Tyler.*				★★ Solace (Dra, '18) *Hope Olaide Wilson.*			★★ About a Boy	
TNT		553	125	Movie/ **Super./ Bones**		Movie/ **Basket./ Bones**		**Movie**	(Tu) Movie	Movie/ **Bones**	(Th) **Basketb.**	(F) **Bones**		**Various**	
TOON		440	103	**TeenTitanGo!**	**TeenTitanGo!**	**TeenTitanGo!**	**TeenTitanGo!**	**DrmaRma**	**DrmaRma**	**Titans!/Titans!**	**Titans!/Titans!**	**Gumball**	**InfTrain**	**Various**	**BareBear**
TRAVEL*	M	325	139	**Mysteries at the Museum**		**Mysteries at the Museum**		**Mysteries at the Museum**		**Paranormal**		**Paranormal**		**Paranormal**	
	Tu			**The Dead Files**		**The Dead Files**		**The Dead Files**		**The Dead Files**		**The Dead Files**		**The Dead Files**	
	W			**Most Terrifying**		**Most Terrifying**		**Most Terrifying**		**Paranormal**		**Paranormal**		**Paranormal**	
	Th			**Ghost Adventures**		**Ghost Adventures**		**Ghost Adventures**		**Ghost Adventures**		**Ghost Adventures**		**Ghost Adventures**	
	F			**Haunted Towns**		**Haunted Towns**		**Haunted Towns**		**Kindred Spirits**		**Kindred Spirits**		**Kindred Spirits**	
TVLAND		441	127	**Gunsmoke**		**M*A*S*H**	**M*A*S*H**	**M*A*S*H**	**M*A*S*H**	**A. Griffith**	**A. Griffith**	**A. Griffith**	**A. Griffith**	**Loves Ray**	**Loves Ray**
USA*		555	123	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**	**Various**	(Th) **SVU**	**Various**	(Th) Movie	**Various**	(F) **Modern**
WE		451	230	**Various**	(W) **LawOrder**	**Various**	(W) Movie	**C.Minds/ Law&O./ Law&O.: C.I.**		**Various**		**Various**		**Various**	

D – Spectrum Digital HT – Hawaiian Telcom *Programming on HT may not match the times listed

News | Movies | Sports

01/06	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	9-1-1 "Malfunction" ▢		Prodigal "Family Friend" ▢		News (N) ▢	News (N) ▢	News (N) ▢	BigBang ▢	Mom ▢	2½ Men ▢	Showdown ▢	Pawn Star ▢	2	2
(4) KITV	4	4	The Bachelor (SP) (N) ▢						News (N) ▢	Jimmy Kimmel Live ▢		Nightline ▢	KITV News ▢	PI Court ▢	4	4
(9) KHII	5	5	News (N) ▢	KHON2 (N) ▢	Law&Order: SVU "Pixies" ▢		Law&O: SVU "Consent" ▢		Mel Robbins Show (N) ▢		Daily (N) ▢	DailyMail ▢	Access (N) ▢	Jokers ▢	5	5
(5) KGMB	7	7	Nbhood ▢	Hearts (N) ▢	All Rise (N) ▢		Bull (N) ▢		News (N) ▢	The Late Show ▢		James Corden ▢		ET ▢	9	9
(11) KHET	10	11	News (N) ▢	Na Mele ▢	Antiques Roadshow (N) ▢		American Experience "McCarthy" (N) ▢				Amanpour/Company (N) ▢		American Masters ▢		11	11
(13) KHNL	8	8	America's Got Talent "The Champions One" (SP) (N) ▢				Manifest (N) ▢		News (N) ▢	The Tonight Show ▢		Seth Meyers ▢		Little Late ▢	13	13
(14) KWHE	11	14	Heartland ▢		Hwy Heaven "Ghost Rider"		Music ▢	America ▢	Celeb ▢	Mantrack ▢	Business ▢	Yukon ▢	Lassie ▢	Lassie ▢	14	-
(20) KIKU	9	20	Making It Through "2019 Special" (N)					News Express FCI (N) ▢		Windward ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	20	20
KFVE	22	13	Willie K: Life on Stage 4		K5 Mele ▢		News (N) ▢	TMZ (N) ▢	Chicago P.D. ▢		News ▢	Black-ish ▢	Black-ish ▢	Mike&M. ▢		
(26) KAAH*	26	26	J.Prince ▢	P. Stone ▢	StopPain ▢	Beyond B ▢	InTheGap ▢	GodWar ▢	Best of 2019 ▢		H20Faith ▢	StopPain ▢	John Gray ▢	S. Furtick ▢	-	-
(32) KBFD	2	6	World	VIP ▢			News (N) ▢ /Shady ▢		Liver or Die ▢		KBFD News (N) ▢		Off Air ▢		-	-
(44) KWBN		44	Life Today ▢	Enjoy-Life ▢	Marcus and Joni Lamb ▢		Table Talk	Reflection ▢	Super. ▢	Reflections ▢		Reflections ▢		J. Prince ▢		
(46) KHLU	35	-	Ringo ▢		Amor eterno ▢		El Dragon		Noticiero ▢	Noticie. ▢	Contacto Deportivo ▢		Amor eterno ▢		-	-
(66) KPXO	27	27	Criminal Minds ▢		Crim. Minds "Retaliation" ▢		Criminal Minds ▢		C.Minds "Risky Business" ▢		Criminal Mind "Parasite" ▢		Law & O: CI "The Pilgrim" ▢			
A&E	547	129	Live Rescue (N) ▢				Live Rescue ▢		Live PD ▢	Live PD ▢	Live Rescue ▢				118	265
AHC*	345	137	Nazi Squads "Judenfrei" ▢		Nazi "Mass Graves" ▢		Nazi "Time of Reckoning" ▢		Nazi "Funeral Pyres" ▢		WW II "Closing the Ring" ▢		World War II-Witness ▢		195	287
AMC	600	159	★★★ "Titanic" ('97, Dra) *Leonardo DiCaprio.* Two social opposites fall in love while on the Titanic. ▢							★★★ "The Devil Wears Prada" ('06, Com) *Meryl Streep.* ▢					131	254
ANPL	329	107	To Be Announced ▢		Alaskan Bush People (N)		Alaskan Bush People (N)		Alaska: Frozen Edge ▢		To Be Announced ▢		Alaskan Bush People		184	282
BBCA	341	135	"The Transporter" ▢		★★ "Transporter 3" ('08, Act) *Jason Statham.* ▢					Doctor Who "Spyfall, Part One" 1/2 ▢			Doctor Who ▢		135	264
BRAVO	560	237	BelowD. "Witch Hunt" (N) ▢		Watch What (N) ▢		Below Deck "Witch Hunt" ▢		BlindDat ▢	Dare Me "Coup D'Etat" ▢		Below Deck "Witch Hunt" ▢		Watch ▢	129	237
CNBC	116	176	American Greed: Scam ▢		American Greed: Scam ▢		Dateline ▢		Dateline ▢		Street Signs ▢		Worldwide Exchange ▢		208	355
CNN	113	172	Anderson Cooper 360 ▢		Cuomo Prime Time ▢		CNN Tonight ▢		CNN Tonight ▢		Early Start		Early Start		200	202
COMEDY	545	142	The Comedy Central Roast ▢				Daily Show ▢	Lights Out ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	Daily Show ▢	SouthPk ▢	SouthPk ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Supergirl ▢		Crisis Aftermath 1/2 ▢		BigBang ▢	Jokers ▢	Dateline ▢		F.Files ▢	F.Files ▢	Paid ▢	Sheriffs: ▢	3	395
DISC	333	131	DirtyTruckers (N) ▢		To Be Announced ▢		Twin Turbos (N) ▢		Diesel Brothers ▢		Dirty Mudder Truckers ▢		To Be Announced ▢		182	278
DISNEY*	444	98	Bunk'd ▢	Bunk'd ▢	Bunk'd ▢	G.Duran	Raven ▢	Rollwlt ▢	CoopCami ▢	Sydney ▢	Bunk'd	Rollwlt ▢	Raven ▢	Raven ▢	173	291
E!*	549	240	Botched ▢		Botched ▢		Botched (N) ▢		Nightly Pop (N) ▢		Botched ▢		Botched ▢		114	236
ESPN	222	70	SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		NCAA Football Alabama Bowl ▢				SportsCenter ▢		140	206
ESPN2	224	74	NFL Live ▢		Horn ▢	Interrupt ▢	NowNever	UFC Wave ▢	SportsCenter ▢		SportsCenter ▢		E:60 ▢		144	209
FILI	688	320	The Killer Bride		Kadenang	Sandugo	Boy Abunda	Late /Bandila ▢		Balitang ▢	Magandang Buhay ▢		It's Showtime ▢		-	-
FNC	109	178	Tucker Carlson Tonight ▢		Hannity ▢		Fox News @ Night		Special Report ▢		Fox and Friends First ▢		Fox and Friends First ▢		205	360
FOOD	321	231	Kids Baking (N) ▢		Challenge (N)		Chopped "Sweet Heat" ▢		Kids Baking Champion ▢		Challenge		Chopped "Sweet Heat" ▢		110	231
FREE*	538	122	★★★ "The Notebook" ('04, Rom) *Ryan Gosling.* ▢				★★★ "Pretty in Pink" ('86, Rom) *Molly Ringwald.* ▢				The 700 Club ▢		★★ "17 Again" ▢		180	311
FSW	226	-	NHL Hockey Clb./L.A. (L) ▢		Post-game ▢	Kings	WPT Poker ▢		NHL Hockey Columbus vs Los Angeles ▢				Post-game ▢	Kings	-	692
FSPT	228	-	Mixed Martial Arts Lights Out Xtreme Fighting 4 ▢				NCAA Basketball Providence at DePaul ▢				NCAA Basketball St. John's at Xavier ▢				-	-
FX	554	124	★★★ "American Made" *Tom Cruise.* ▢			★★★ "American Made" ('17, Act) *Tom Cruise.* ▢					"No Good Deed" ('14, Thril) *Idris Elba.* ▢				136	248
GOLF	216	86	"Seve the Movie" ('14, Spt) *José Luis Gutiérrez.* ▢					"Seve the Movie" ('14, Spt) *José Luis Gutiérrez.* ▢					Golf Highlights (N) ▢		401	218
HALL	452	128	"Winter Love Story" ▢		"Love in Paradise" ('16, Dra) *Luke Perry.* ▢				G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	G. Girls ▢	185	312
HGTV	323	232	Love It or List It ▢		Love It or List It ▢		Love It or List It ▢		Love It or List It ▢		Love/List "Room to Grow"		LoveList "Sibling Rivalry" ▢		112	229
HISTORY	327	133	American Pickers (N) ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		American Pickers ▢		120	269
HBO	611	502	Movie	Making of ▢ /★★★ "True Lies" ('94, Act) *Jamie Lee Curtis.* ▢					★★★ "The Town" ('10, Act) *Ben Affleck.* ▢				★★ "Widows" ('18, Cri) ▢		303	504
HBO2	612	503	"Her Smell" ▢		★★ "Green Lantern" ('11, Act) *Ryan Reynolds.* ▢				Finding the Way Home ▢			"Go for It!" ('11, Dra) *Aimee Garcia.* ▢			304	505
KBS	80	-	Golden Oldies ▢		News ▢ /Family ▢		News ▢	Screening Humanity ▢		Revenge ▢	Matching Survival 1+1 ▢			KBS News	-	-
LIFE	448	226	"Diary of a Mad Black ...		Hopelessly "Lisa 'Left Eye' Lopes and Andre Rison" ▢				★★ "Diary of a Mad Black Woman" *Kimberly Elise.* ▢				Hopelessly in Love ▢		108	276
LMN	449	227	"My Mom's Darkest Se...		"A Daughter's Plan to Kill" ('19, Thril) *Claire Coffee.* ▢				"My Mom's Darkest Secrets" *Laurie Fortier.* ▢				"A Daughter's Plan to...		109	253
MAX	622	515	"BlacKkKlansman" ▢		★ "The Operative" ('19, Thril) *Diane Kruger.* ▢				★★★ "Knock Knock" ('15, Hor) *Keanu Reeves.* ▢				★★ "The Package" ▢		311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		All in With Chris Hayes ▢		The 11th Hour ▢		First Look ▢		209	356
NATGEO	347	130	Drain the Oceans (N) ▢		Drain the Oceans (N) ▢		Drain the Oceans ▢		Drain the Oceans ▢		Nazi ▢		Nazi ▢		186	276
NGN	677	-	Scarlet ▢	Ao to Boku ▢		Brain ▢	Sama No ▢	News (N) ▢	News ▢	Ao to Boku ▢	Brain ▢	Okazu ▢	Oishisa	Enka Singers	-	-
NICK	446	100	Musical Fam "Finals, Part 1"		Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Cook. (N) ▢	Diver (N) ▢	Hawaii Goes Fishing (N) ▢		Pet Hui (N) ▢	Japan ▢	Pakele (N) ▢	Sports P ▢	Hawaii Goes Fishing ▢		Tiny TV ▢	Showcase ▢	-	-
OCSPT	12	89	NCAA Baseball Classics Iowa vs. Hawaii ▢					NCAA Basketball Classics Portland State vs. Hawaii ▢					Paid ▢	Paid ▢	-	-
OLELO53	53	53	B-Side Hnl	Arts Programming ▢			Leon & Malia	Art Easy	Oahu Speaks	Short Take Block			Movies "Unpaid Talent"		-	-
OLELO54	54	54	Social/ Political Programming ▢								Democracy Now! ▢		Social Programming ▢		-	-
OLELO55	55	55	Inspiration ▢	Praise ▢	Inspirational Prog. ▢		Prayer ▢	In the Sanctuary ▢		As We Gather ▢		Inspiration ▢	Classic Arts Showcase ▢		-	-
OWN*	343	242	Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		189	279
OXY	558	229	NCIS "Crescent City" 2/2 ▢		NCIS "Page Not Found" ▢		NCIS "Alleged" ▢		NCIS "Shooter" ▢		NCIS ▢		NCIS "Honor Thy Father" ▢		127	251
PARMT	559	141	Cops ▢	Cops ▢	Cops (N) ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	Cops ▢	241	241
SHOW*	633	451	Be.Florida ▢	Making of ▢	The L Word "Labels" ▢		Ray Donovan ▢		Shameless ▢		Work ▢	"What Keeps You Alive" ▢			319	546
SYFY	557	144	★★ "G.I. Joe: Retaliation" *Channing Tatum.* ▢				Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	"Shadows of the Dead"		122	244
TBS	551	121	FamilyGuy ▢	Amer. Dad ▢	Amer. Dad ▢	BigBang ▢	Conan ▢	Brooklyn ▢	Brooklyn ▢	Conan ▢	Jokers ▢	Jokers ▢	Jokers ▢	Jokers ▢	139	247
TCM	602	157	"The Maltese Falcon" ▢		Scandal: The Trial		★★★★ "Little Women" ('49, Dra) *June Allyson.* ▢					"Act of Violence" *Van Heflin.* ▢			132	256
TLC*	331	132	Say Yes to the Dress ▢		90 Day Fiance "The Truth Shall Set You Free" (N) ▢				90 Day Fiancé ▢		90 Day Fiancé ▢		90 Day Fiance ▢		183	280
TMC	644	467	"The Hummingbird Pr...		★★ "Billionaire Boys Club" ('18, Dra) *Kevin Spacey.* ▢				★★ "Confessions of a Dangerous Mind" ▢				"Bangkok Dangerous" ▢		329	554
TNT	553	125	★★ "Ant-Man" ('15, Act) *Paul Rudd.* ▢			★★ "Riddick" ('13, Sci-Fi) *Vin Diesel.* ▢					Bones ▢		Bones ▢		138	245
TOON	440	103	Amer. Dad ▢	Amer. Dad ▢	BobBrg ▢	BobBrg ▢	FamilyGuy ▢	FamilyGuy ▢	RickMort ▢	MrPickle	AquaT.	FamilyGuy ▢	FamilyGuy ▢	Amer. Dad ▢	177	297
TRAVEL*	325	139	Beyond the Unknown (N) ▢		Beyond the Unknown (N) ▢		Paranormal ▢		Paranormal ▢		Beyond the Unknown ▢		Beyond the Unknown ▢		196	277
TVLAND	441	127	Loves Ray ▢	Loves Ray ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	2½ Men ▢	2½ Men ▢	Loves Ray ▢	Loves Ray ▢	106	304
USA*	555	123	Chicago P.D. ▢		WWE Monday Night Raw (L) ▢						Modern ▢	Modern ▢	Modern ▢	Modern ▢	105	242
WE	451	230	C.Minds ▢	Criminal Mind "Distress" ▢		Criminal Minds "Jones" ▢		Criminal Minds ▢		Law & Order: C.I. "Weeping Willow" ▢			Law & O: CI "World's Fair" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

ON TV | TUESDAY PRIMETIME

01/07	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	**Resident** "Free Fall" (N) ▢		**To Hell and Back** (N) ▢		**News** (N) ▢	**News** (N) ▢	**News** (N) ▢	**BigBang** ▢	**Mom** ▢	**2½ Men** ▢	**Showdown** ▢	**Pawn Star** ▢	2	2
(4) KITV	4	4	**Jeopardy!AllTime** (P) (N) ▢		**Mixedish** ▢	**Black** (N) ▢	**Emergen** "15 Years" (N) ▢		**News** (N) ▢	**Jimmy Kimmel Live** ▢		**Nightline** ▢	**KITV News** ▢	**PI Court** ▢	4	4
(9) KHII	5	5	**News** (N) ▢	**KHON2** (N) ▢	**Chicago** "Erin's Mom" ▢		**Chicago P.D.** ▢		**Mel Robbins Show** (N) ▢		**Daily** (N) ▢	**DailyMail** ▢	**Access** (N) ▢	**Jokers** ▢	5	5
(5) KGMB	7	7	**NCIS** "In the Wind" (N) ▢		**FBI** "Fallout" (N) ▢		**MostWant** "Dopesick" (N) ▢		**News** (N) ▢	**The Late Show** ▢		**James Corden** ▢		**ET** ▢	9	9
(11) KHET	10	11	**News** (N) ▢	**Long Story** ▢	**Finding Your Roots** (N) ▢		**Dave Chappelle: The** (N) ▢			**Frontline** (N) ▢		**Amanpour/Company** (N) ▢		**Chefs** ▢	11	11
(13) KHNL	8	8	**Game of Games** (N) ▢		**Game of Games** (N) ▢		**Zoey's** "Pilot" (P) (N) ▢		**News** (N) ▢	**The Tonight Show** ▢		**Seth Meyers** ▢		**Little Late** ▢	13	13
(14) KWHE	11	14	**Heart.** "The Big Red Wall" ▢		**Hwy to Heaven** "Gift of Life"		**CoffeeUSA** ▢	**Military M.** ▢	**Celeb** ▢	**Traveler** ▢	**Business** ▢	**Yukon** ▢	**Lassie** ▢	**Lassie** ▢	14	-
(20) KIKU	9	20	**An Eden for Two** (N) ▢		**Oshin** ▢		**News Express FCI** (N) ▢		**Paid** ▢	**Life** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	20	20
KFVE	22	13	**Toolin'**	**Chef Roc**	**Kelly Clarkson** (N) ▢		**News** (N) ▢	**TMZ** (N) ▢	**Chicago P.D.** ▢		**News** ▢	**Black-ish** ▢	**Black-ish** ▢	**Mike&M.** ▢		
(26) KAAH*	26	26	**J.Prince** ▢	**Leading** ▢	**JSekulow** ▢	**C. Caine** ▢	**Jewish** ▢	**StopPain** ▢	**A Night For Women** ▢		**JordanRubin**	**Access 360**	**John Gray** ▢	**S. Furtick** ▢	-	-
(32) KBFD	2	6	**E-News** ▢	**VIP** ▢			**News** (N) ▢ **/Shady** ▢		**Liver or Die** ▢		**KBFD News** (N) ▢		**Off Air** ▢		-	-
(44) KWBN		44	**Life Today** ▢	**Enjoy-Life** ▢	**Marcus and Joni Lamb** ▢		**Table Talk**	**Reflection** ▢	**Super.** ▢	**Reflections** ▢		**Reflections** ▢		**J. Prince** ▢		
(46) KHLU	35	-	**Ringo** ▢		**Amor eterno** ▢		**El Dragon**		**Noticiero** ▢	**Noticie.** ▢	**Contacto Deportivo** ▢		**Amor eterno** ▢		-	-
(66) KPXO	27	27	**Criminal Minds** ▢		**Criminal Minds** "JJ" ▢		**Criminal Minds** ▢		**Criminal Minds** ▢		**C.Minds** "Safe Haven" ▢		**Law & O: CI** "Probability" ▢			
A&E	547	129	**The First 48: Shock** (N) ▢		**The First 48: Shock** (N) ▢		**The First 48** ▢		**The First 48** ▢		**First 48** "Cruel Summer" ▢		**The First 48: Shock** ▢		118	265
AHC*	345	137	**Nazi Jihad** ▢		**Evolution of Evil** ▢		**Evolution of Evil** ▢		**High Hitler and His** ▢		**Evolution of Evil** ▢		**Bullet Points** ▢		195	287
AMC	600	159	★★★ **"The Hunger Games"** *Jennifer Lawrence.* ▢				★★★ **"The Hunger Games: Catching Fire"** ('13, Dra) *Jennifer Lawrence.* ▢						★★★★ **"The Shining"** ▢		131	254
ANPL	329	107	**Masters: Branch.** (N) ▢		**Builders** "Hidden History" ▢		**Barnwood Builders** ▢		**Tree. Mast: Branched** "Treehouses for Good" ▢				**Builders** "Hidden History" ▢		184	282
BBCA	341	135	★★★ **"The Patriot"** ('00, Dra) *Mel Gibson.* ▢					★★★ **"The Patriot"** ('00, Dra) *Mel Gibson.* A pacifist is drawn into the American Revolution. ▢							135	264
BRAVO	560	237	**Vanderpump Rules** (N) ▢			**Vanderpump** (SP) (N) ▢		**BlindDat** ▢	**Vanderpump Rules** ▢			**Millionaire** ▢		**Blind Date** ▢	129	237
CNBC	116	176	**The Profit** ▢		**The Profit** ▢		**Dateline** "Consumed" ▢		**Dateline** "Tangled" ▢		**Street Signs** ▢		**Worldwide Exchange** ▢		208	355
CNN	113	172	**Anderson Cooper 360** ▢		**Cuomo Prime Time** ▢		**CNN Tonight** ▢		**CNN Tonight** ▢		**Early Start**		**Early Start**		200	202
COMEDY	545	142	**Tosh.0** ▢	**Tosh.0** ▢	**Tosh.0** ▢	**J. Jeff.** ▢	**Daily Show** ▢	**Lights Out** ▢	**Tosh.0** ▢	**Tosh.0** ▢	**Tosh.0** ▢	**Daily Show** ▢	**SouthPk** ▢	**SouthPk** ▢	107	249
CSPAN	45	61	**Politics & Public Policy Today** ▢						**Public Affairs Events** ▢						210	350
CW	93	2	**Batwoman** ▢		**Black Lightning** ▢		**BigBang** ▢	**Jokers** ▢	**Dateline** ▢		**F.Files** ▢	**F.Files** ▢	**Paid** ▢	**Sheriffs:** ▢	3	395
DISC	333	131	**Moonshiners** (N) ▢		**Glades** "Stranglehold" (N) ▢		**Moonshiners** ▢		**Moonshiners** ▢		**Glades** "Stranglehold" ▢		**Moonshiners** ▢		182	278
DISNEY*	444	98	**Bunk'd** ▢	**Bunk'd** ▢	**Bunk'd** ▢	**G.Duran**	**Raven** ▢	**Rollwlt** ▢	**CoopCami** ▢	**Sydney** ▢	**Bunk'd**	**Rollwlt** ▢	**Raven** ▢	**Raven** ▢	173	291
E!*	549	240	**Movie**	★★ **"Step Up"** ('06, Dra) *Channing Tatum.* ▢				★★★★ **"Dirty Dancing"** ('87, Dan) *Patrick Swayze.* ▢				**Nightly** (N) ▢	**The Kardashians** ▢		114	236
ESPN	222	70	**SportsCenter** (N) ▢		**SportsCenter** (N) ▢		**SportsCenter** (N) ▢		**SportsCenter** ▢		**SportsCenter** ▢		**SportsCenter** ▢		140	206
ESPN2	224	74	**NCAA Basketball** (L) ▢		**Horn** ▢	**Interrupt** ▢	**NowNever**	**MMA Show** ▢		**UFC Main Event** ▢		**NFL Live** ▢			144	209
FILI	688	320	**The Killer Bride**		**Kadenang**	**Sandugo**	**2020 Rising** (N)			**Balitang** ▢	**Magandang Buhay** ▢		**It's Showtime** ▢		-	-
FNC	109	178	**Tucker Carlson Tonight** ▢		**Hannity** ▢		**The Ingraham Angle**		**Fox News @ Night**		**Fox and Friends First** ▢		**Fox and Friends First** ▢		205	360
FOOD	321	231	**Chopped** (N) ▢		**Chopped** ▢		**Chopped** "Bowled Over" ▢		**Chopped** ▢		**Chopped** ▢		**Chopped** "Bowled Over" ▢		110	231
FREE*	538	122	★★★ **"Pretty in Pink"** ▢		★★★ **"The Blind Side"** ('09, Spt) *Sandra Bullock.* ▢						**The 700 Club** ▢		**"A Cinderella Story: If** ...		180	311
FSW	226	-	**NCAA Football** Redbox Bowl California vs. Illinois ▢				**WPT Poker** ▢		**NCAA Basketball** Providence at Marquette ▢				**WSL Highlights** ▢		-	692
FSPT	228	-	**Hockey** ▢	**Post-game** ▢	**DuckWk**	**NHL Hockey** Columbus Blue Jackets at Anaheim Ducks ▢				**Post-game** ▢	**DuckWk**	**Crashed Ice** ▢			-	-
FX	554	124	★★★ **"Avatar"** ('09, Fant) *Zoe Saldana.* ▢					★★★ **"Terminator: Genisys"** ('15, Sci-Fi) *Arnold Schwarzenegger.* ▢					**Mike&M.** ▢	**Mike&M.** ▢	136	248
GOLF	216	86	**Golf Advisor**	**Golf Central** ▢		**P. Lessons**	**The CUT** (N)	**Feherty** "Tony Finau" ▢		**Feherty** "Carson Daly" ▢		**Golf Highlights** (N) ▢		**The CUT**	401	218
HALL	452	128	**"Unleashing Mr. Darcy"**		**"SnowComing"** ('19, Fam) *Trevor Donovan.* ▢				**G. Girls** ▢	**G. Girls** ▢	**G. Girls** ▢	**G. Girls** ▢	**G. Girls** ▢	**G. Girls** ▢	185	312
HGTV	323	232	**Fixer to Fabulous** ▢		**Move** "Wicked Winter Reno"		**House** ▢	**H.Hunt** ▢	**Home Town** ▢		**VintFlip** ▢	**VintFlip** ▢	**Desert Flip** ▢	**Desert Flip** ▢	112	229
HISTORY	327	133	**Oak Island** "Triptych" (N) ▢		**Kings of Pain** (N) ▢		**Oak Island** "Closing In" ▢		**Curse of Oak Island** ▢		**Oak Island** "Triptych" ▢		**Kings** "Big Box of Pain" ▢		120	269
HBO	611	502	**Movie**	★★ **"The Little Stranger"** *Domhnall Gleeson.* ▢				★★ **"Alfie"** ('04, Com) *Jude Law.* ▢				★★ **"Alien: Resurrection"** ▢			303	504
HBO2	612	503	★★ **"Long Shot"** ▢		**"Rise of the Planet of the Apes"** ▢			★★★ **"Brothers"** ('09, Dra) *Jake Gyllenhaal.* ▢				★★ **"Unfriended: Dark Web"** ▢			304	505
KBS	80	-	**AngelMissionLove** ▢		**News** ▢ **/Family** ▢		**News** ▢	**Screening Humanity** ▢		**Revenge** ▢	**Mr. House Husband** ▢			**KBS News**	-	-
LIFE	448	226	★★★ **"The Holiday"** ('06, Rom) *Cameron Diaz.* ▢				**Super** "Braido Family" ▢		★★★ **"The Holiday"** ('06, Rom) *Cameron Diaz.* ▢						108	276
LMN	449	227	**"Is My Daughter Reall...**		**"A Mother on the Edge"** ('19, Thril) *Kelly Thiebaud.* ▢				**"Is My Daughter Really Dead?"** *Zoe McLellan.* ▢				**"A Mother on the Edge"**		109	253
MAX	622	515	**"Tag"** ▢	★★ **"Without a Paddle"** ('04, Com) *Seth Green.* ▢				★★ **"Dim Sum Funeral"** *Bai Ling.* ▢			**"Life"** ('17, Hor) *Jake Gyllenhaal.* ▢				311	516
MSNBC	107	175	**Rachel Maddow** ▢		**The Last Word** ▢		**The 11th Hour** ▢		**All in With Chris Hayes** ▢		**The 11th Hour** ▢		**First Look** ▢		209	356
NATGEO	347	130	**Life -0** "Shock & Awe" (N) ▢		**Running Wild** (N) ▢		**Run Wild** "Drew Brees" ▢		**Running Wild** ▢		**Life -0** "Shock & Awe" ▢		**Southern Justice** ▢		186	276
NGN	677	-	**Scarlet** ▢	**Hanzai Shokogun** ▢		**Brain** ▢ **/Mogitate TV** ▢		**News** (N) ▢	**News** ▢	**Brain** ▢ **/Hanzai** ▢		**Okazu** ▢	**Sweets** ▢	**Enka Singers**	-	-
NICK	446	100	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Friends** ▢	**Mom** ▢	**Mom** ▢	171	300
OC16	16	-	**H.S. Basketball** (L) ▢		**Postga.** ▢**/OC**	**Diver** (N) ▢	**Ocean** (N) ▢	**Sports**	**Pakele** (N) ▢	**Gameday /H.S. Basketball** ▢			**H.S. Basketball** ▢		-	-
OCSPT	12	89	**NCAA Basketball Classics** Pacific vs. Hawaii ▢				**NCAA Football Classics** San Diego State vs. Hawaii ▢						**Paid** ▢	**Paid** ▢	-	-
OLELO53	53	53	**Mindful**	**VN- TV**	**Community TV** ▢		**Vietnam TV Hawaii** ▢		**B-Side Hnl**	**Arts Programming** ▢			**Community TV** ▢		-	-
OLELO54	54	54	**Maunalua** ▢	**ThinkTech**	**Veterans Talk** ▢		**Social Programming** ▢		**News** ▢	**Social** ▢	**Democracy Now!** ▢		**Social Programming** ▢		-	-
OLELO55	55	55	**Church** ▢	**Inspiration** ▢	**Kumu Ola** ▢	**A View From Calvary** ▢	**P. Table** ▢		**Inspirational Programming** ▢				**Classic Arts Showcase** ▢		-	-
OWN*	343	242	**Haves and Have Nots** (N) ▢		**Family or Fiancé** (N) ▢		**Haves** "Show Not Tell" ▢		**Haves** "Are You Happy?" ▢		**Family or Fiancé** ▢		**Haves** "Show Not Tell" ▢		189	279
OXY	558	229	**Chicago P.D.** ▢		**Chicago P.D.** ▢		**Chicago P.D.** ▢		**Chicago P.D.** ▢		**Dare Me** (N) ▢		**NCIS: LA** "Tuhon" ▢		127	251
PARMT	559	141	★★ **"Grown Ups"** ▢		**Ink Master** (N) ▢		★★ **"Grown Ups"** ('10, Com) *Adam Sandler.* ▢					**"That's My Boy"** *Adam Sandler.* ▢			241	241
SHOW*	633	451	**Inside the NFL** (N) ▢		**Shameless** ▢		**Inside the NFL** ▢		**Ray Donovan** ▢		★★ **"The Bank Job"** ('08, Dra) *Jason Statham.* ▢				319	546
SYFY	557	144	★★ **"Ghost in the Shell"** *Scarlett Johansson.* ▢				**Futurama** ▢	**Futurama** ▢	**Futurama** ▢	**Futurama** ▢	**Futurama** ▢	**"The Whole Truth"** *Keanu Reeves.* ▢			122	244
TBS	551	121	**BigBang** ▢	**BigBang** ▢	**BigBang** ▢	**BigBang** ▢	**Conan** ▢	**New Girl** ▢	**New Girl** ▢	**Conan** ▢	**Jokers** ▢	**Jokers** ▢	**Jokers** ▢	**Jokers** ▢	139	247
TCM	602	157	★★★ **"John Loves Mary"** ▢			★★★ **"The Hasty Heart"** ('49, Dra) *Ronald Reagan.* ▢			★★★ **"The Group"** ('66, Dra) *Candice Bergen.* ▢						132	256
TLC*	331	132	**Big Fabulous Life** (N) ▢		**Big Fat Fabulous Li.** "A Tale of Two Whitneys" (SP) (N) ▢				**Hot & Heavy** (N) ▢		**I Am Jazz** ▢		**My Big Fat Fabulous Life** ▢		183	280
TMC	644	467	**Movie**	★★ **"Jenny's Wedding"** ('15, Com) *Katherine Heigl.* ▢				★★ **"Why Did I Get Married?"** *Tyler Perry.* ▢				**"Swung"** (2018, Adult) ▢			329	554
TNT	553	125	**"London Has Fallen"** ▢		★★ **"Geostorm"** ('17, Act) *Gerard Butler.* ▢				**NCIS:NO** "Darkest Hour" ▢		**NCIS: New Orleans** ▢		**NCIS: New Orleans** ▢		138	245
TOON	440	103	**Amer. Dad** ▢	**Amer. Dad** ▢	**BobBrg** ▢	**BobBrg** ▢	**FamilyGuy** ▢	**FamilyGuy** ▢	**RickMort** ▢	**MrPickle**	**AquaT.**	**FamilyGuy** ▢	**FamilyGuy** ▢	**Amer. Dad** ▢	177	297
TRAVEL*	325	139	**The Dead Files** (N) ▢		**Famously Afraid** (N)		**Spirits** "School Spirit" ▢		**The Dead Files** "Serving up Spirits and Losing Control" ▢				**Famously Afraid**		196	277
TVLAND	441	127	**Loves Ray** ▢	**Loves Ray** ▢	**Queens** ▢	**Queens** ▢	**Queens** ▢	**Queens** ▢	**Queens** ▢	**Queens** ▢	**2½ Men** ▢	**2½ Men** ▢	**Loves Ray** ▢	**Loves Ray** ▢	106	304
USA*	555	123	**SVU** "True Believers" ▢		**SVU** "Twenty-Five Acts" ▢		**SVU** "Secrets Exhumed" ▢		**SVU** "Deadly Ambition" ▢		**SVU** "Legitimate Rape" ▢		**SVU** "Born Psychopath" ▢		105	242
WE	451	230	**Law & Order** ▢		**Law & Order** ▢		**LawOrder** "3 Dawg Night" ▢		**Law & Order** "Prejudice" ▢		**Law & Order** "The Collar" ▢		**Law&O.** "Undercovered" ▢		128	260

D – Spectrum Digital **HT – Hawaiian Telcom** **S1 – Dish** **S2 – DirecTV** ***Programming on HT may not match the times listed**

News | Movies | Sports

01/08	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	Dancing "Anna & Ted" (N)		Almost Family (N)		News (N)	News (N)	News (N)	BigBang	Mom	2½ Men	Showdown	Pawn Star	2	2
(4) KITV	4	4	Jeopardy! All Time (N)		Modern	Single (N)	Stumptown (N)		News (N)	Jimmy Kimmel Live		Nightline	KITV News	PI Court	4	4
(9) KHII	5	5	News (N)	KHON2 (N)	Dateline		Dateline		Mel Robbins Show (N)		Daily (N)	DailyMail	Access (N)	Jokers	5	5
(5) KGMB	7	7	Undercover Boss (N)		Criminal Minds (N)		Criminal Minds (N)		News (N)	The Late Show		James Corden		ET	9	9
(11) KHET	10	11	News (N)	Antiques	Nature (N)		Nova "Inner Worlds"		Ozone Hole		Amanpour/Company (N)		Austin City Limits		11	11
(13) KHNL	8	8	Chicago Med (N)		Chicago Fire (N)		Chicago P.D. "Mercy" (N)		News (N)	The Tonight Show		Seth Meyers		Little Late	13	13
(14) KWHE	11	14	Heartland "Severed Ties"		Highway to Heaven		Mantrack	Music	Celeb	Real Green	Business	Yukon	Lassie	Lassie	14	-
(20) KIKU	9	20	Mystery Theatre				News Express FCI (N)		Paid	Windward	Paid	Paid	Life	Paid	20	20
KFVE	22	13	Weddings	Weddings	Kelly Clarkson (N)		News (N)	TMZ (N)	Chicago P.D.		News	Black-ish	Black-ish	Mike&M.		
(26) KAAH*	26	26	J.Prince	Access 360	G. Laurie	Light	Heaven	Music	Praise		Stranger	TheOracle	John Gray	S. Furtick	-	-
(32) KBFD	2	6	Masters	Hodge Stove League			News (N) /Shady		My Only One		KBFD News (N)		Off Air		-	-
(44) KWBN		44	Life Today	Enjoy-Life	Marcus and Joni Lamb		Table Talk	Reflection	Super.	Reflections		Reflections		J. Prince		
(46) KHLU	35	-	Ringo		Amor eterno		El Dragon		Noticiero	Noticie.	Contacto Deportivo		Amor eterno		-	-
(66) KPXO	27	27	Blue Bloods		BlueB. "Thanksgiving"		BlueBlood "Moonlighting"		BlueB. "Whistle Blower"		Blue Blood "The Uniform"		Law & Order: C.I. "Blink"			
A&E	547	129	America's Top Dog (N)		Live PD (L)		Alaska P "Call of the Wild"		Live PD		America's Top Dog		Live PD		118	265
AHC*	345	137	Ancient Assassins		Ancient Assassins		Ancient Assassins		Ancient Assassins		Assassins "Kung Fu Nun"		Manhunt: Kill or Capture		195	287
AMC	600	159	★★★ "I Am Legend"		★★★ "Deep Impact" ('98, Act) *Elijah Wood.*					★★ "Mission: Impossible III" ('06, Act) *Tom Cruise.*					131	254
ANPL	329	107	To Be Announced		I Prey "Deadly Decision"		I Prey "Feeding Frenzy"		I Was Prey: Under Attack		To Be Announced		I Prey "Deadly Decision"		184	282
BBCA	341	135	★★ "X-Men Origins: Wolverine"			★★★★ "The Last Stand" ('13, Act) *Arnold Schwarzenegger.*					★★ "Transporter 3" ('08, Act) *Jason Statham.*				135	264
BRAVO	560	237	Real Wives Dallas (N)		Watch (N)	Wives NJ "Abs and Jabs"		BlindDat	Housewives Atlanta		Real Wives Dallas "Reunion, Part 2" 2/2			Millionaire	129	237
CNBC	116	176	Five Day Biz Fix		Five Day Biz Fix		Dateline "The Client"		Dateline "The Quiet One"		Street Signs		Worldwide Exchange		208	355
CNN	113	172	Anderson Cooper 360		Cuomo Prime Time		CNN Tonight		CNN Tonight		Early Start		Early Start		200	202
COMEDY	545	142	SouthPk	SouthPk	SouthPk	Yankers	Daily Show	Lights Out	SouthPk	Yankers	SouthPk	Daily Show	SouthPk	SouthPk	107	249
CSPAN	45	61	Politics & Public Policy Today						Public Affairs Events						210	350
CW	93	2	Riverdale		Nancy Drew		BigBang	Jokers	Dateline		F.Files	F.Files	Paid	Sheriffs:	3	395
DISC	333	131	Man Vs. Bear (N)		Naked and Afraid (N)		Bush "Family First"		Man/Bear "Born to Run"		Naked and Afraid		Bush "Rise of Browntown"		182	278
DISNEY*	444	98	Bunk'd	Bunk'd	Bunk'd	G.Duran	Raven	Rollwlt	CoopCami	Sydney	Bunk'd	Rollwlt	Raven	Raven	173	291
E!*	549	240	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Nightly (N)	Sex & City	Sex & City	114	236
ESPN	222	70	Basket.	SportsCenter (N)		SportsCenter (N)			SportsCenter		NBA Basketball Denver Nuggets at Dallas Mavericks				140	206
ESPN2	224	74	SportC (N)	UFC Ten	Horn	Interrupt	NowNever	NBA Basketball Milwaukee vs Golden State				Highly?	SportsCenter (N)		144	209
FILI	688	320	The Killer Bride		Kadenang	Sandugo	Boy Abunda	BUSA+ /Bandila		Balitang	Magandang Buhay		It's Showtime		-	-
FNC	109	178	Tucker Carlson Tonight		Hannity		The Ingraham Angle		Fox News @ Night		Fox and Friends First		Fox and Friends First		205	360
FOOD	321	231	Guy's Game (N)		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		Guy's Grocery Games		110	231
FREE*	538	122	★★★★ "The Blind Side" ('09, Spt) *Sandra Bullock.*				Party of 5 "Pilot" (P) (N)		Party of Five (N)		The 700 Club		Party of Five "Pilot"		180	311
FSW	226	-	WSL Highlights		WPT Poker		WPT Poker		NCAA Basketball St. John's at Georgetown				WSL Highlights		-	692
FSPT	228	-	Boxing Classics				NCAA Football Redbox Bowl California vs. Illinois Site: Levi's Stadium						Cliff Diving		-	-
FX	554	124	★★★★ "Hidden Figures" ('16, Dra) *Taraji P. Henson.*				★★★★ "Hidden Figures" ('16, Dra) *Taraji P. Henson.*						The Americans		136	248
GOLF	216	86	AsianTour Golf Hong Kong Open Site: Hong Kong Golf Club -- Fanling, Hong Kong (L)							Feherty		P. Lessons	EPGA Golf		401	218
HALL	452	128	★ "Winter in Vail"		★ "Love on the Slopes" ('18, Rom) *Katrina Bowden.*				G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	185	312
HGTV	323	232	Property Brothers: F		House	H.Hunt	House	H.Hunt	Property Brothers: F		Flipping Virgins		Mtn. Life	Mtn. Life	112	229
HISTORY	327	133	Forged in Fire (N)		Vikings (N)		Forged "The Greek Kopis"		Forged in Fire		Forged in Fire		Vikings		120	269
HBO	611	502	★★★ "Mrs. Doubtfire"		★★ "The Sun is Also a Star"			Finding the Way Home			★★★★ "Alien" ('79, Sci-Fi) *Sigourney Weaver.*				303	504
HBO2	612	503	★★ "Hellboy"		★★ "War of the Worlds" ('05, Act) *Tom Cruise.*				★ "Can You Ever Forgive Me?" *Melissa McCarthy.*				★★★ "Upgrade"		304	505
KBS	80	-	AngelMissionLove		News /Family		News	Screening Humanity		Revenge	Wild Childs at Rooftop			KBS News	-	-
LIFE	448	226	Married/ First Sight (N)		Super "Corry Family" (N)		Married at First Sight		Married at First Sight "Here Comes the Stranger"				Super "Corry Family"		108	276
LMN	449	227	★ "His Deadly Affair"		★ "Suburban Swingers Club" ('19, Thril) *Dana Davis.*				★ "His Deadly Affair" ('19, Thril) *Helena Mattson.*				★ "Suburban Swingers C...		109	253
MAX	622	515	★★ "Spy Game"		★★ "The Mustang"			★★★★ "Nocturnal Animals" ('16, Dra) *Amy Adams.*				★★ "Broken Arrow" *John Travolta.*			311	516
MSNBC	107	175	Rachel Maddow		The Last Word		The 11th Hour		All in With Chris Hayes		The 11th Hour		First Look		209	356
NATGEO	347	130	Locked Up Abroad (N)		To Catch a Smuggler (N)		Locked Up Abroad		To Catch a Smuggler		Locked Up Abroad		Abroad "Bangkok Betrayal"		186	276
NGN	677	-	Scarlet	Busu no Hitomi		Brain/Ikouyo!	Dining	News (N)	News (N)	Brain /Busu no Hitomi		Okazu	Sweets	Enka Singers	-	-
NICK	446	100	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Mom	Mom	171	300
OC16	16	-	Cook.	Diver (N)	Hawaii Goes Fishing (N)		Pet Hui (N)	Japan	Pakele	Sports P	Driver	Sports	Tiny TV	Showcase	-	-
OCSPT	12	89	NCAA Soccer UC I./Haw.		NCAA Football Classics Oregon State vs. Hawaii								Paid	Paid	-	-
OLELO53	53	53	Educational Programming						Community	Asked Me "New Beginnings"		Community	Cultural/ Ethnic		-	-
OLELO54	54	54	Inside Honolulu Hale										Social Programming		-	-
OLELO55	55	55	Hawaii Para Cristo		Inspiration	Unity Church of Hawaii		Inspirational Programming					Classic Arts Showcase		-	-
OWN*	343	242	20/20 on OWN		20/20 "The Darkest Night"		20/20 OWN Homicide		20/20 on OWN		20/20 "The Darkest Night"		20/20 OWN Homicide		189	279
OXY	558	229	Snapped "Lupita Acuna"		Snapped "Kim Parker"		Snapped		Snapped		Snapped "Tracy Lawson"		Snapped "Tina Lunney"		127	251
PARMT	559	141	★★★ "The Hangover" *Ed Helms.*			★★★ "The Hangover" ('09, Com) *Ed Helms.*					★ "To Be Announced"				241	241
SHOW*	633	451	Movie	★★★ "Ghost" ('90, Rom) *Patrick Swayze.*				★★★ "Phenomenon" ('96, Dra) *John Travolta.*					Inside the NFL		319	546
SYFY	557	144	★★ "Troy" ('04, Act) *Brad Pitt.*						★★★★ "Arrival" ('16, Dra) *Amy Adams.*					Twilight	122	244
TBS	551	121	BigBang	BigBang	BigBang	Frontal	Conan	Frontal	New Girl	Conan	Tacoma	Tacoma	Tacoma	Tacoma	139	247
TCM	602	157	★★★ "Scarface" ('32, Bio) *Paul Muni.*				★★ "Al Capone" ('59, Cri) *Fay Spain.*				★★ "The Doorway to Hell" *Lew Ayres.*			MGM Parade	132	256
TLC*	331	132	My 600-lb Life		My 600-lb Life "Lindsey's Story" (N)				1000-lb Sisters (N)		My Feet Are Killing Me		600-lb "Lindsey's Story"		183	280
TMC	644	467	★ "The Death of Stalin"		★★★ "Death at a Funeral"			★★★ "Dead Again" ('91, Dra) *Kenneth Branagh.*			★ "eRocktica" (2019, Adult)				329	554
TNT	553	125	All Elite Wrestling		★★★ "The Longest Yard" ('05, Com) *Adam Sandler.*					★★ "Hellboy II: The Golden Army" ('08, Adv) *Ron Perlman.*					138	245
TOON	440	103	Amer. Dad	Amer. Dad	BobBrg	BobBrg	FamilyGuy	FamilyGuy	RickMort	MrPickle	AquaT.	FamilyGuy	FamilyGuy	Amer. Dad	177	297
TRAVEL*	325	139	Paranormal (N)		Ghosts on Camera (N)		Paranormal		Paranormal		Paranormal		Ghosts on Camera		196	277
TVLAND	441	127	Loves Ray	Loves Ray	Queens	Queens	Queens	Queens	Queens	Queens	2½ Men	2½ Men	Loves Ray	Loves Ray	106	304
USA*	555	123	NCIS "Cadence"		WWE NXT (L)				★★★ "Bad Boys" ('95, Act) *Will Smith.*					Dare Me	105	242
WE	451	230	Movie	★★★ "Pretty Woman" ('90, Rom) *Richard Gere.*					★★ "Last Holiday" ('06, Com) *Queen Latifah.*					Love After	128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

ON TV | THURSDAY PRIMETIME

01/09	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	Last Man ◻	Last Man ◻	Deputy (N) ◻		News (N) ◻	News (N) ◻	News (N) ◻	BigBang ◻	Mom ◻	2½ Men ◻	Showdown ◻	Pawn Star ◻	2	2
(4) KITV	4	4	Jeopardy! All Time (N) ◻		Truth and Lies "The Jeffrey Epstein Story" (N) ◻				News (N) ◻	Jimmy Kimmel Live ◻		Nightline ◻	KITV News ◻	PI Court ◻	4	4
(9) KHII	5	5	News (N) ◻	KHON2 (N) ◻	Law & O: CI "Ex Stasis" ◻		Law & O: CI "Shibboleth" ◻		Mel Robbins Show (N) ◻		Daily (N) ◻	DailyMail ◻	Access (N) ◻	Jokers ◻	5	5
(5) KGMB	7	7	Sheldon ◻	Unicorn ◻	Mom (N) ◻	Carol's (N) ◻	Evil "Room 320" (N) ◻		News (N) ◻	The Late Show ◻		James Corden ◻		ET ◻	9	9
(11) KHET	10	11	News (N) ◻	Hiki No ◻	Insights PBS Hawaii (N) ◻		Canefield ◻	Our Family ◻	Craft "Visionaries" ◻		Amanpour/Company (N) ◻		Jane Austen ◻		11	11
(13) KHNL	8	8	Super (N) ◻	GoodPla ◻	WGrace ◻	Perfect (N) ◻	Law & Order: S.V.U. (N) ◻		News ◻	The Tonight Show ◻		Seth Meyers ◻		Little Late ◻	13	13
(14) KWHE	11	14	Heart. "Secrets and Lies" ◻		Highway to Heaven ◻		50Plus ◻	Garden ◻	Celeb ◻	Sm.Town ◻	Business ◻	Yukon ◻	Lassie ◻	Lassie ◻	14	-
(20) KIKU	9	20	Soko Ga Japan ◻		CSI 3 (N) ◻		News Express FCI (N) ◻		Paid ◻	Windward ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	20	20
KFVE	22	13	Hi Session ◻	Living Local	Kelly Clarkson (N) ◻		News (N) ◻	TMZ (N) ◻	Chicago P.D. ◻		News ◻	Black-ish ◻	Black-ish ◻	Mike&M. ◻		
(26) KAAH*	26	26	J.Prince ◻	J.Osteen ◻	Facts ◻	OneOnOne ◻	God ◻	History ◻	Praise ◻		Watchman ◻	TakingC. ◻	John Gray ◻	S. Furtick ◻	-	-
(32) KBFD	2	6	SBS ◻	Hodge Stove League			News (N) ◻ /Shady ◻		My Only One ◻		KBFD News (N) ◻		Off Air ◻		-	-
(44) KWBN		44	Life Today ◻	Enjoy-Life ◻	Marcus and Joni Lamb ◻		Table Talk	Reflection ◻	Super. ◻	Reflections ◻		Reflections ◻		J. Prince ◻		
(46) KHLU	35	-	Ringo ◻		Amor eterno ◻		El Dragon		Noticiero ◻	Noticie. ◻	Contacto Deportivo ◻		Amor eterno ◻		-	-
(66) KPXO	27	27	Chicago P.D. "8:30" ◻		Chicago P.D. "My Way" ◻		Chicago P.D. "The Docks" ◻		Chicago P.D. ◻		Chicago P.D. ◻		Law&Order: CI "The Gift" ◻			
A&E	547	129	Alaska PD (N) ◻		60 Days "Full Frontal" (N) ◻		The First 48 "Chopper" ◻		The First 48 ◻		Alaska P "Wild Wild West" ◻		60 Days In "Full Frontal" ◻		118	265
AHC*	345	137	Manhunt: Kill or Capture ◻		Manhunt: Kill or Capture ◻		Manhunt: Kill or Capture ◻		Manhunt: Kill or Capture ◻		Manhunt: Kill or Capture ◻		Ancient Assassins ◻		195	287
AMC	600	159	★★★ "Safe House" ◻			★★ "A Walk Among the Tombstones" ('14, Act) *Liam Neeson.* ◻					Walking Dead "The Cell" ◻		Walking Dead "Service" ◻		131	254
ANPL	329	107	Lone Star Law (N) ◻		Lone Star Law (N)		L. Star Law "Deceived" ◻		Lone Star Law: Uncuffed "Trouble on the Border" ◻				Lone Star Law		184	282
BBCA	341	135	★ "The Hunger Games: Mockingjay, P...		★★ "The Hunger Games: Mockingjay, Part 1" *Jennifer Lawrence.* ◻						★★ "Ender's Game" ('13, Sci-Fi) *Asa Butterfield.* ◻				135	264
BRAVO	560	237	Runway "She's Sew Unusual" (N) ◻		Watch (N) ◻		Housewives Atlanta ◻		Wives NJ "Abs and Jabs" ◻		Vanderpump Rules ◻		Millionaire ◻		129	237
CNBC	116	176	Shark Tank ◻		Shark Tank ◻		Dateline "Blind Justice" Pt. 1 of 2 cont'd next ◻				Street Signs ◻		Worldwide Exchange ◻		208	355
CNN	113	172	Anderson Cooper 360 ◻		Cuomo Prime Time ◻		CNN Tonight ◻		CNN Tonight ◻		Early Start		Early Start		200	202
COMEDY	545	142	The Office ◻	The Office ◻	The Office ◻	The Office ◻	Daily Show ◻	Lights Out ◻	SouthPk ◻	SouthPk ◻	SouthPk ◻	Daily Show ◻	SouthPk ◻	SouthPk ◻	107	249
CSPAN	45	61	Politics & Public Policy Today ◻						Public Affairs Events ◻						210	350
CW	93	2	Supernatural ◻		Legacies ◻		BigBang ◻	Jokers ◻	Dateline ◻		F.Files ◻	F.Files ◻	Paid ◻	Sheriffs: ◻	3	395
DISC	333	131	Reclaimed (N) ◻		Building Off the Grid (N) ◻		Rescue "Nevada Thirst" ◻		Reclaimed "Seeking Ore" ◻		Building Off the Grid ◻		Homestead "Bearanoia" ◻		182	278
DISNEY*	444	98	Bunk'd ◻	Bunk'd ◻	Bunk'd ◻	G.Duran	Raven ◻	Rollwlt ◻	CoopCami ◻	Sydney ◻	Bunk'd	Rollwlt ◻	Raven ◻	Raven ◻	173	291
E!*	549	240	Very Cavallari ◻		Very Cavallari ◻		Very Cavallari (N) ◻		Nightly (N) ◻	Very Cavallari ◻		Botched ◻		Botched ◻	114	236
ESPN	222	70	SportsCenter (N) ◻		SportsCenter (N) ◻		SportsCenter (N) ◻		SportsCenter ◻		SportsCenter ◻		SportsCenter ◻		140	206
ESPN2	224	74	NCAA Basketball (L) ◻		Horn ◻	Interrupt ◻	NowNever	UFC Ten ◻	UFC Wave ◻	UFC Ten ◻	UFC Ten ◻	NFL Live ◻			144	209
FILI	688	320	The Killer Bride		Kadenang	Sandugo	Boy Abunda	TFC ◻ /Bandila ◻		Balitang ◻	Magandang Buhay ◻		It's Showtime ◻		-	-
FNC	109	178	Tucker Carlson Tonight ◻		Hannity ◻		The Ingraham Angle		Special Report ◻		Fox and Friends First ◻		Fox and Friends First ◻		205	360
FOOD	321	231	Restaurant (N) ◻		BeatFlay ◻	Beat Flay ◻	Beat Flay ◻	Beat Flay ◻	Restaurant: Impossible ◻		Beat Flay ◻	Beat Flay ◻	Beat Flay ◻	Beat Flay ◻	110	231
FREE*	538	122	★★ "Pirates of the Caribbean: On Stranger Tides" ◻				Party of Five "Pilot" ◻		Party 5 "Margin of Error" ◻		The 700 Club ◻		★★★ "Beetlejuice" ◻		180	311
FSW	226	-	Hockey ◻	Post-game ◻	Kings (N)	Big East ◻	WPT Poker ◻		NHL Hockey Los Angeles vs Vegas ◻				Post-game ◻	Kings	-	692
FSPT	228	-	Hockey ◻	Post-game ◻	DuckWk (N)	MMA WCK Full Rules ◻		MMA WCK Full Rules ◻		NHL Hockey Dallas Stars at Anaheim Ducks ◻				Post-game ◻	-	-
FX	554	124	★ "Bad Moms" ◻		★ "Bad Moms" ('16, Com) *Mila Kunis.* ◻				★★★ "Ted" ('12, Com) *Mark Wahlberg.* ◻					Mike&M. ◻	136	248
GOLF	216	86	AsianTour Golf Hong Kong Open Site: Hong Kong Golf Club -- Fanling, Hong Kong (L) ◻							AsianTour Golf Sony Open ◻			EPGA Golf ◻		401	218
HALL	452	128	★ "Love on the Sidelines"		★ "Winter Castle" ('19, Rom) ◻				G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	G. Girls ◻	185	312
HGTV	323	232	Christin ◻	Christin ◻	House ◻	H.Hunt ◻	House ◻	H.Hunt ◻	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	FlipFlop ◻	112	229
HISTORY	327	133	American Pickers (N) ◻		Pickers "Tick Tock Frank" ◻		A. Pickers "40 Acre Pick" ◻		American Pickers ◻		Pickers "Tick Tock Frank" ◻		A. Pickers "Say Sohio" ◻		120	269
HBO	611	502	Movie	★★★ "Fantastic Beasts: The Crimes of Grindelwald" ◻					★★ "Scary Movie 3" *Anna Faris.* ◻			Mel Brooks Unwrapped ◻		★ "Aliens" ◻	303	504
HBO2	612	503	★ "American Woman" ◻		★★ "Van Helsing" ('04, Act) *Hugh Jackman.* ◻				★★ "The Lucky Ones" ('08, Com) *Tim Robbins.* ◻				★ "Unfriended" ◻		304	505
KBS	80	-	Woman of 9.99 Billion ◻		News ◻ /Family ◻		News ◻	Screening Humanity ◻		Revenge ◻	Happy Together ◻			KBS Worl ◻	-	-
LIFE	448	226	Couples Couch (N) ◻		Super "Corry Family" ◻		Married at First Sight ◻		Couples Couch "Here Comes the Stranger" ◻				Super "Corry Family" ◻		108	276
LMN	449	227	★ "The Babysitter's Reve...		★★★ "House at the End of the Street" ◻				★ "The Babysitter's Revenge" ('19, Thril) *Bree Turner.* ◻				★ "House at the End of t...		109	253
MAX	622	515	Movie	★★ "The Darkest Minds" *Amandla Stenberg.* ◻				★ "Replicas" ('18, Cri) *Keanu Reeves.* ◻				★★ "Mulholland Falls" *Nick Nolte.* ◻			311	516
MSNBC	107	175	Rachel Maddow ◻		The Last Word ◻		The 11th Hour ◻		All in With Chris Hayes ◻		The 11th Hour ◻		First Look ◻		209	356
NATGEO	347	130	Alaska State Trooper (N) ◻		Alaska State Trooper (N) ◻		Alaska State Troopers ◻		Alaska State Troopers ◻		Air Crash Investigation ◻		Air Crash "Lockerbie" ◻		186	276
NGN	677	-	Scarlet ◻	Zatoichi ◻		Brain ◻ /Wagamama ◻		News (N) ◻	News ◻	Brain ◻ /Zatoichi ◻		Okazu ◻	Sweets ◻	Enka Singers	-	-
NICK	446	100	★★★ "Kung Fu Panda" *Voices of Jack Black.* ◻				Friends ◻	Friends ◻	Friends ◻	Friends ◻	Friends ◻	Friends ◻	Mom ◻	Mom ◻	171	300
OC16	16	-	Cook. ◻	Diver (N) ◻	Hawaii Goes Fishing (N) ◻		Pet Hui (N) ◻	Japan ◻	Pakele (N) ◻	Sports P ◻	Painting ◻	Board ◻	Tiny TV ◻	Showcase ◻	-	-
OCSPT	12	89	NCAA Basket. Classics Texas vs. Hawaii ◻		NCAA Beach Volleyball Washington vs. Hawaii ◻					NCAA Softball UC Riverside vs. Hawaii ◻			Paid ◻	Paid ◻	-	-
OLELO53	53	53	Motu O Fiafiaga		Samoa Mo Samoa		Faafiafiaga Suifefiloi		Kaneohe Christmas Parade					Islander	-	-
OLELO54	54	54	Social/ Political Programming ◻						Veterans Talk ◻		Democracy Now! ◻		Social Programming ◻		-	-
OLELO55	55	55	Inspirational Programming ◻			Tupulaga Talavou ◻		Lou Lumanai Manuia ◻		Truth ◻	Marriage ◻	Inspiration ◻	Classic Arts Showcase ◻		-	-
OWN*	343	242	20/20 OWN Homicide ◻		20/20 "A Trail of Death"		20/20 on OWN ◻		20/20 OWN Homicide ◻		20/20 "A Trail of Death"		20/20 on OWN ◻		189	279
OXY	558	229	Snap. "Donna Thorngren" ◻		Snap. "Amy Van Wagner" ◻		Snap. "Eugenia Campbell" ◻		Snap. "Beatrice Camper" ◻		An Unexpected Killer ◻		Snapped "Patricia Olsen" ◻		127	251
PARMT	559	141	★★ "The Hangover Part II" ◻			★ "To Be Announced" ◻					★★ "The Hangover Part II" *Bradley Cooper.* ◻				241	241
SHOW*	633	451	★★ "Pavarotti" ◻		The L Word "Labels" ◻		Work ◻	★★ "From Dusk Till Dawn" *George Clooney.* ◻				Ray Donovan ◻		Movie	319	546
SYFY	557	144	Movie	★★ "Power Rangers" ('17, Act) *Dacre Montgomery.* ◻					★★ "Fantastic 4: Rise of the Silver Surfer" ◻				★★ "Land of the Lost" ◻		122	244
TBS	551	121	BigBang ◻	BigBang ◻	BigBang ◻	BigBang ◻	Conan ◻	Brooklyn ◻	Brooklyn ◻	Conan ◻	Brooklyn ◻	Brooklyn ◻	Brooklyn ◻	Brooklyn ◻	139	247
TCM	602	157	★★★ "Gaslight" ◻		Before Stonewall ◻			★ "Girlfriends" ('78, Com) *Melanie Mayron.* ◻				★★★★ "Body and Soul" *John Garfield.* ◻			132	256
TLC*	331	132	My Feet Are Killing Me ◻		Dr. Pimple Popper ◻		Pimple "Eggs Lipoma" (N) ◻		Feet Kill Me (N) ◻		1000-lb Sisters (N) ◻		Dr. Pimple Popper ◻		183	280
TMC	644	467	★ "The Singing Detective"		★★ "The Shadow" ('94, Act) *Alec Baldwin.* ◻				★ "Killing Hasselhoff" *Ken Jeong.* ◻			★ "Sexquestrian" (2017, Adult) ◻			329	554
TNT	553	125	Inside the NBA (L) ◻		NBA Basketball Boston Celtics at Philadelphia 76ers ◻					TBA ◻	Bones ◻		Bones ◻		138	245
TOON	440	103	Amer. Dad ◻	Amer. Dad ◻	BobBrg ◻	BobBrg ◻	FamilyGuy ◻	FamilyGuy ◻	RickMort ◻	MrPickle	AquaT.	FamilyGuy ◻	FamilyGuy ◻	Amer. Dad ◻	177	297
TRAVEL*	325	139	Ghost Adventures (N) ◻		Ghost Adventures (N) ◻		Ghost Adventures ◻		GhostAd. "Albion Castle" ◻		Ghost Adventures ◻		Ghost Adventures ◻		196	277
TVLAND	441	127	Loves Ray ◻	Loves Ray ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	Queens ◻	2½ Men ◻	2½ Men ◻	Loves Ray ◻	Loves Ray ◻	106	304
USA*	555	123	★★★ "Bad Boys" ◻		★★ "Bad Boys II" ('03, Act) *Martin Lawrence.* ◻						Modern ◻	Modern ◻	Modern ◻	Modern ◻	105	242
WE	451	230	Growing Up Hip Hop (N) ◻		Growing Up Hip Hop ◻		Growing Up Hip Hop ◻		Growing Up Hip Hop ◻		Growing Up Hip Hop ◻		Growing Up Hip Hop ◻		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/10	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	WWE Friday Night Smackdown! (N) ▢				News (N) ▢	News (N) ▢	News (N) ▢	BigBang ▢	Mom ▢	2½ Men ▢	Showdown ▢	Pawn Star ▢	2	2
(4) KITV	4	4	Am.Wife ▢	The Boat ▢	20/20 ▢				News (N) ▢	Jimmy Kimmel Live ▢		Nightline ▢	KITV News ▢	PI Court ▢	4	4
(9) KHII	5	5	News (N) ▢	KHON2 (N) ▢	CSI: Miami "Blood Sugar" ▢		CSI: Miami "On the Hook" ▢		Mel Robbins Show (N) ▢		Daily (N) ▢	DailyMail ▢	Access (N) ▢	Jokers ▢	5	5
(5) KGMB	7	7	Hawaii Five-0 (N) ▢		Magnum P.I. (N) ▢		Blue Bloods (N) ▢		News (N) ▢	The Late Show ▢		James Corden ▢		ET ▢	9	9
(11) KHET	10	11	News (N) ▢	W.Week ▢	Country Music "Hard Times (1933 -1945)" ▢				Great Performances ▢		Amanpour/Company (N) ▢		Craft "Visionaries" ▢		11	11
(13) KHNL	8	8	Lincoln "Pilot" (P) (N) ▢		Dateline NBC ▢				News (N) ▢	The Tonight Show ▢		Seth Meyers ▢		Little Late ▢	13	13
(14) KWHE	11	14	Heartland ▢		Highway to Heaven ▢		Military M. ▢	Sm.Town ▢	Celeb ▢	Garden ▢	Business ▢	Yukon ▢	Lassie ▢	Lassie ▢	14	-
(20) KIKU	9	20	Soko Ga Japan ▢		Lone Wolf and Cub ▢		News Express FCI (N) ▢		Paid ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	20	20
KFVE	22	13	Talk Story McKenna ▢		Kelly Clarkson (N) ▢		News (N) ▢	TMZ (N) ▢	Chicago P.D. ▢		News ▢	Black-ish ▢	Black-ish ▢	Mike&M. ▢		
(26) KAAH*	26	26	Faith ▢	End of Age ▢	J. Cahn ▢	Jesus ▢	Travel ▢	Treasures ▢	GodWar ▢	Xtreme ▢	Herod	StopPain ▢	John Gray ▢	JordanRubin	-	-
(32) KBFD	2	6	Songs ▢	My Mom ▢			News (N) ▢ /Shady ▢		Feel Good to Die ▢		KBFD News (N) ▢		Off Air ▢		-	-
(44) KWBN		44	Life Today ▢	Enjoy-Life ▢	Marcus and Joni Lamb ▢		Table Talk	Green ▢	Travel ▢	Hope ▢	W-Master ▢	Reflection ▢	Reflections ▢			
(46) KHLU	35	-	Ringo ▢		Amor eterno ▢		El Dragon		Noticiero ▢	Noticie. ▢	Contacto Deportivo ▢		Amor eterno ▢		-	-
(66) KPXO	27	27	NCIS: Los Angeles ▢		NCIS: LA "Seoul Man" ▢		NCIS: Los Angeles ▢		NCIS: LA "Granger, O." ▢		NCIS: Los Angeles ▢		Law&Order: CI "Pravda" ▢			
A&E	547	129	Live PD (L) ▢						Live PD ▢						118	265
AHC*	345	137	(Almost) Got Away ▢		(Almost) Got Away ▢		(Almost) Got Away ▢		(Almost) Got Away ▢		(Almost) Got Away ▢		American Lawmen ▢		195	287
AMC	600	159	★★★ "Taken" ▢		★★★ "Taken" ('08, Thril) *Liam Neeson.* ▢				★★ "Road House" ('89, Act) *Patrick Swayze.* ▢					Dead ▢	131	254
ANPL	329	107	Tanked: Sea-lebrity (N) ▢		Tanked! ▢		Tanked! ▢		Tanked: Sea-lebrity Edition "Basketball Magic" ▢				Tanked! ▢		184	282
BBCA	341	135	★★★ "The Hunger Games: Mockingjay, Part 2" ▢				★★★ "The Hunger Games: Mockingjay, Part 2" ('15, Adv) *Jennifer Lawrence.* ▢						Madagascar ▢		135	264
BRAVO	560	237	Chrisley ▢	Chrisley ▢	"To Be Announced" ▢						★★★ "Million Dollar Arm" ('14, Bio) *Jon Hamm.* ▢				129	237
CNBC	116	176	Shark Tank ▢		Five Day Biz Fix ▢		Dateline "The Great Escape" ▢				American Greed: Scam ▢		American Greed: Scam ▢		208	355
CNN	113	172	Anderson Cooper 360 ▢		Cuomo Prime Time ▢		CNN Tonight ▢		CNN Tonight ▢		CNN Newsroom ▢		CNN Newsroom ▢		200	202
COMEDY	545	142	SouthPk ▢	SouthPk ▢	Seriously Funny ▢		Ringers ▢	Stand-Up	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	107	249
CSPAN	45	61	Politics & Public Policy Today ▢						Public Affairs Events ▢						210	350
CW	93	2	Penn & Teller: Fool Us ▢		Whose ▢	Whose ▢	BigBang ▢	Jokers ▢	Dateline ▢		F.Files ▢	F.Files ▢	Paid ▢	Sheriffs: ▢	3	395
DISC	333	131	Gold Rush (N) ▢		Gold Rush "Epic Fails" ▢		Opal Hunters (N) ▢		Gold Rush ▢				Gold Rush "Epic Fails" ▢		182	278
DISNEY*	444	98	"Despicable Me 3" ▢		Bunk'd (N) ▢	G.Duran	Raven ▢	Rollwlt ▢	CoopCami ▢	Sydney ▢	Bunk'd	Owl House ▢	Raven ▢	Raven ▢	173	291
E!*	549	240	★★★ "Knocked Up" ('07, Com) *Seth Rogen.* ▢					★★★ "Wedding Crashers" ('05, Com) *Owen Wilson.* ▢					"That Awkward Mom...		114	236
ESPN	222	70	NBA Basketball (L) ▢		SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter ▢		MatchUp ▢	NBA Basketball N.O./N.Y. ▢			140	206
ESPN2	224	74	SportsCenter (N) ▢		Horn ▢	Interrupt ▢	NowNever	Boxing ▢	NBA Basketball Golden State vs L.A. Clippers ▢				SportsCenter (N) ▢		144	209
FILI	688	320	The Killer Bride		Kadenang	Sandugo	Boy Abunda	Keeping It /Bandila ▢		Balitang ▢	Magandang Buhay ▢		It's Showtime ▢		-	-
FNC	109	178	Tucker Carlson Tonight ▢		Hannity ▢		The Ingraham Angle		Fox News @ Night		Special Report ▢		The Five ▢		205	360
FOOD	321	231	Diners (N) ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	110	231
FREE*	538	122	★★★ "Beetlejuice" ▢		FamilyGuy ▢	FamilyGuy ▢	FamilyGuy ▢	FamilyGuy ▢	FamilyGuy ▢	FamilyGuy ▢	The 700 Club ▢		★★ "The Lorax" ▢		180	311
FSW	226	-	NCAA Football ▢		WPT Poker ▢		WPT Poker ▢		RingHonorWrestling (N) ▢		NCAA Basketball Butler at Providence ▢				-	692
FSPT	228	-	NBA Basketball (L) ▢		Post-game	ClipWeek (N)	NBA Basketball Golden State vs L.A. Clippers ▢				Post-game	Clippers Wk.	WSL Highlights ▢		-	-
FX	554	124	★★★ "Spider-Man: Homecoming" *Tom Holland.* ▢				Weekly ▢	★★★★ "Straight Outta Compton" ('15, True) *O'Shea Jackson Jr..* ▢						Movie	136	248
GOLF	216	86	AsianTour Golf Hong Kong Open Site: Hong Kong Golf Club -- Fanling, Hong Kong (L) ▢							P. Lessons	EPGA Golf South African Open (L) ▢				401	218
HALL	452	128	"A Royal Winter" ▢		"Christmas Under the Stars" ('19, Rom) ▢				"All for Love" ('17, Rom) *Sara Rue.* ▢				"Love Under the Rain...		185	312
HGTV	323	232	Dream H. ▢	Dream H. ▢	House ▢	H.Hunt ▢	House ▢	H.Hunt ▢	Dream H. ▢	Dream H. ▢	Paid Program ▢				112	229
HISTORY	327	133	UFOs: Top Secret Alien Files "Special Edition" (N) ▢				Secret MissionsExpsd ▢		UFO White House ▢		UFOs: Top Secret Alien Files "Special Edition" ▢				120	269
HBO	611	502	"War of the Worlds" ▢		"Tolkien" ('19, Bio) *Nicholas Hoult.* ▢				★★ "The Little Stranger" ▢			★★ "Breakthrough" *Topher Grace.* ▢			303	504
HBO2	612	503	★★ "Breakthrough" ▢		★★★ "Black Swan" *Natalie Portman.* ▢			★★★ "The Mule" ('18, Cri) *Clint Eastwood.* ▢				★★ "The Nun" *Demián Bichir.* ▢			304	505
KBS	80	-	Woman of 9.9 Billion ▢		News ▢ /Family ▢		News ▢	Screening Humanity ▢		Revenge ▢	Yu Huiyeol's Sketchbook ▢			News	-	-
LIFE	448	226	Hopelessly "Faith Evans and Notorious B.I.G." (N) ▢				Hopelessly in Love "Faith Evans and Notorious B.I.G." ▢				Hopelessly in Love "Faith Evans and Notorious B.I.G." ▢				108	276
LMN	449	227	"Baby Monitor Murders"		"The Wrong Mother" ('17, Thril) *Vanessa Marcil.* ▢				"Baby Monitor Murders" ('19, Thril) *Natalie Sharp.* ▢				"The Wrong Mother" ▢		109	253
MAX	622	515	★★ "The Predator" ▢		Strike Back	Strike Back ▢		★★ "River's Edge" *Keanu Reeves.* ▢			★★ "Cold Creek Manor" ('03, Thril) *Dennis Quaid.* ▢				311	516
MSNBC	107	175	Rachel Maddow ▢		The Last Word ▢		The 11th Hour ▢		Dateline ▢		Dateline ▢		Dateline ▢		209	356
NATGEO	347	130	To Catch a Smuggler		To Catch a Smuggler		Drugs "Hallucinogens" ▢		To Catch a Smuggler		To Catch a Smuggler		Lockdown ▢		186	276
NGN	677	-	Scarlet ▢	Samiotoko - Cicada Boy ▢		Brain ▢	Okonom. ▢	News (N)	News ▢	Brain ▢ /Samiotoko ▢		Okazu ▢	Sweets ▢	Enka Singers	-	-
NICK	446	100	Sponge ▢	Sponge ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	Cook. ▢	Diver (N) ▢	Hawaii Goes Fishing (N) ▢		Pet Hui (N) ▢	Japan ▢	Pakele (N) ▢	Sports P ▢	Flhi Girlz ▢	Fishing Adv.	Tiny TV ▢	Showcase ▢	-	-
OCSPT	12	89	NCAA Volleyball Harvard vs. Hawaii (L) ▢				Post-game ▢	Game On!	NCAA Volleyball Harvard vs. Hawaii ▢				Post-game ▢	Paid ▢	-	-
OLELO53	53	53	Native Hawaii Programming ▢						Kaneohe Christmas Parade					HI Prog. ▢	-	-
OLELO54	54	54	Social/ Political Programming ▢							Maunalua ▢	Democracy Now! ▢		Social Programming ▢		-	-
OLELO55	55	55	Inspirational Prog. ▢		I Am That I ▢	Tap in, Not Out ▢		Inspiration ▢	Prayer ▢	Inspirational Programming ▢			Inspirational Prog. ▢		-	-
OWN*	343	242	48 Hours: Hard Evidence ▢		48 Hours: Hard Evidence ▢		20/20 OWN Homicide		48 Hours: Hard Evidence ▢		48 Hours: Hard Evidence ▢		20/20 OWN Homicide		189	279
OXY	558	229	Snap. "Martha Farmer" ▢		Snapped "Dee Eggert" ▢		Snapped "Eileen Leone" ▢		Secrets "Deadly Detour" ▢		Snap. "Michele Williams" ▢		Snapped ▢		127	251
PARMT	559	141	★★ "Dumb and Dumber" *Jim Carrey.* ▢			★★ "Dumb and Dumber" ('94, Com) *Jim Carrey.* ▢					★★★ "Beverly Hills Cop" ('84, Com) *Eddie Murphy.* ▢				241	241
SHOW*	633	451	To Be Announced ▢		To Be Announced ▢		To Be Announced ▢		Ray Donovan ▢		Shameless ▢		Inside the NFL ▢		319	546
SYFY	557	144	"Hansel and Gretel: Witch Hunters" ▢				Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	"Hansel & Gretel: Witc...		122	244
TBS	551	121	Movie	★★★ "This Is 40" ('12, Com) *Paul Rudd.* ▢					ELeague (N)		★★ "Gone in 60 Seconds" ('00, Act) *Nicolas Cage.* ▢				139	247
TCM	602	157	★★★ "All That Heaven Allows" *Rock Hudson.* ▢				"Multiple Maniacs" *Divine.* ▢			★★ "Female Trouble" ('74, Com) *Divine.*				Tupperware	132	256
TLC*	331	132	90 Day Fiancé ▢		Dr. Pimple Popper (N) ▢		Feet Kill Me (N) ▢		My 600-lb Life "Supersized: Lindsey's Story" (N) ▢				Dr. Pimple Popper ▢		183	280
TMC	644	467	Movie	"Wildlife" ('18, Dra) *Ed Oxenbould.* ▢				★★★ "Nowhere Boy" ▢			★★ "Becks" ('18, Dra) *Lena Hall.* ▢			Movie	329	554
TNT	553	125	★★ "The Dark Knight Rises" ('12, Act) *Anne Hathaway.* ▢					★★ "Jonah Hex" ('10, Act) *Josh Brolin.* ▢			Arrow "The Offer" ▢		Arrow ▢		138	245
TOON	440	103	Amer. Dad ▢	Amer. Dad ▢	BobBrg ▢	BobBrg ▢	FamilyGuy ▢	FamilyGuy ▢	Bl.Jesus ▢	EricAn/EricAn	TysonMys	BobBrg ▢	FamilyGuy ▢	FamilyGuy ▢	177	297
TRAVEL*	325	139	Spirits "Hell House" (N) ▢		Ghost "Choking Up" (N)		Trending Fear (N)		Kindred Spirits ▢		Spirits "Hell House" ▢		Ghost Loop "Choking Up"		196	277
TVLAND	441	127	Loves Ray ▢	Loves Ray ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	Queens ▢	2½ Men ▢	2½ Men ▢	Loves Ray ▢	Loves Ray ▢	106	304
USA*	555	123	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	105	242
WE	451	230	Love After Lockup (N) ▢		Extreme Love (N) ▢		Love After Lockup ▢		Extreme Love ▢		Love After Lockup ▢		Extreme Love ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/11	D	HT	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	S1	S2
(2) KHON	3	3	**NCAA Basketball** Ohio Dominican vs Indiana (L) ▢				**NCAA Basketball** (L) ▢				**To Be Announced** ▢				2	2
(4) KITV	4	4	**NCAA Football** Division I Tournament James Madison vs. North Dakota State (L) ▢						**Football Is Us** "The Player" (N) ▢		**Paid** ▢		**Paid** ▢	**Paid** ▢	4	4
(9) KHII	5	5	**Erth2050** ▢	**Nature** (N) ▢	**OutSpace** ▢	**Xploratn** ▢	**Weird** (N) ▢	**DIY Sci** (N) ▢	**Paid** ▢	**A.Athlete** ▢	**Live Life** ▢	**Think Big** ▢	**Career** ▢	**Paid** ▢	5	5
(5) KGMB	7	7	**NFL Champ. Chase** ▢		**NCAA Basketball** Baylor at Kansas Site: Allen Field House (L) ▢					**Paid** ▢	**★★ "Open Season"** *Voices of Martin Lawrence.* ▢				9	9
(11) KHET	10	11	**C.George** ▢	**Cat/ Hat** ▢	**Xavier** ▢	**W.World** ▢	**D.Tiger** ▢	**DinoTrain** ▢	**Molly** ▢	**Nature Cat** ▢	**Speaks** ▢	**Odd Squad** ▢	**Hiki No** ▢	**Essentrics** ▢	11	11
(13) KHNL	8	8	**Talk Story** ▢	**EPL Soccer** Liverpool at Tottenham Hotspur (L) ▢				**Goal Zone** ▢	**AMA Motocross** ▢		**TBA** ▢	**NFL Football** NFC Divisional (L) ▢			13	13
(14) KWHE	11	14	**Roy Rog.** ▢	**Animal Sci** ▢	**Awesome** ▢	**Wild Am.** ▢	**Real Life** ▢	**Sports** (N) ▢	**Heartland** ▢	**Hollywood** ▢	**Paid** ▢	**L.Ranger** ▢	**Outdoor** ▢	**Outdoor** ▢	14	-
(20) KIKU	9	20	**Biz Kid$** ▢	**Into Wild** ▢	**Real Life** ▢	**Animal** ▢	**Biz Kid$** ▢	**Real Life** ▢	**J. Hanna** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**The Old Path** ▢		20	20
KFVE	22	13	**HI Now** ▢		**Talk Story McKenna** ▢		**Wrestling** ▢		**X.Off-Road** ▢	**Engine** ▢	**TruckTech** ▢	**D.Muscle** ▢	**Outdoors** ▢	**Gametime** ▢		
(26) KAAH*	26	26	**Veggie** ▢	**Veggie** ▢	**Drive Thru** ▢	**Creation** ▢	**TakingC.** ▢	**JordanRubin**	**StopPain** ▢	**News** ▢	**Turn.Point/ Jeremiah** ▢		**B. Graham** ▢	**BGraham** ▢	-	-
(32) KBFD	2	6	**Off Air** ▢				**Youth Express** ▢		**Feel Good to Die** ▢		**Kinderga** ▢	**Pit-A-Pat** ▢	**My Mom** ▢		-	-
(44) KWBN		44	**Advent.** ▢	**Love Child** ▢	**The Jim Bakker Show** ▢		**Dateline** ▢	**Super.** ▢	**Green** ▢	**Ruonala** ▢	**Worship** ▢	**Mission** ▢	**Love Child** ▢	**Larry & Tiz** ▢		
(46) KHLU	35	-	**Planeta de N**	**Planeta de N**	**Atencion Ate**	**Atencion Ate**	**Naturaleza H**	**Naturaleza H**	**Pagado** ▢	**Pagado** ▢	**Pagado** ▢	**Pagado** ▢	**Sin Rollo**		-	-
(66) KPXO	27	27	**Paid** ▢	**Paid** ▢	**Law&O: SVU** "Haystack" ▢		**SVU** "Philadelphia" ▢		**Law & Order: S.V.U.** "Sin" ▢		**SVU** "Responsible" ▢		**Law&O: SVU** "Florida" ▢			
A&E	547	129	**Flipping Vegas** ▢		**Zombie** "Double Down" ▢		**Zombie House Flipping** ▢		**America's Top Dog** ▢		**60 Days In** ▢		**60 Days In** "Full Frontal" ▢		118	265
AHC*	345	137	**What History Forgot** ▢		**What History Forgot** ▢		**Gunslingers** ▢		**Gunslingers** ▢		**Gunslingers** ▢		**L.A. Riots-Watched** ▢		195	287
AMC	600	159	**★★ "Rambo: First Blood Part II"** *Sylvester Stallone.* ▢				**★★ "Road House"** ('89, Act) *Patrick Swayze.* ▢					**★★★★ "The Princess Bride"** ▢			131	254
ANPL	329	107	**The Vet Life** ▢		**Vet Life** "Calendar Boys" ▢		**Vet Life** "Lumpy Duck" ▢		**The Vet Life** ▢		**The Vet Life** ▢		**Vet Life** "Cat vs. Robot" ▢		184	282
BBCA	341	135	**Weird Wonders** ▢		**Weird Wonders** ▢		**Weird Wonders** ▢		**Weird Wonders** ▢		**Madagascar** ▢		**Madagas** "Lost Worlds" ▢		135	264
BRAVO	560	237	**Wives NJ** "On Lock Down" ▢		**Housewives/NewJersey** ▢		**Housewives/NewJersey** ▢		**Housewives/NewJersey** ▢		**Housewives/NewJersey** ▢		**Housewives/NewJersey** ▢		129	237
CNBC	116	176	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Undercover Boss** ▢		**Undercover Boss** ▢		**Under Boss** "Donatos" ▢		208	355
CNN	113	172	**CNN Newsroom** ▢		**CNN Newsroom** ▢		**CNN Newsroom** ▢		**CNN Newsroom** ▢		**CNN Newsroom** ▢		**CNN Newsroom** ▢		200	202
COMEDY	545	142	**The Office** ▢	**The Office** ▢	**The Office** ▢		**The Office** ▢	**The Office** ▢	**The Office** ▢	**The Office** ▢	**"To Be Announced"** ▢				107	249
CSPAN	45	61	**Washington This Week** ▢												210	350
CW	93	2	**Animal R.** ▢	**Dog Tales** ▢	**Into Wild** ▢	**Into Wild** ▢	**Into Wild** ▢	**Old House** ▢	**Animal** ▢	**Invention** ▢	**Think Big** ▢	**Y. Icons** ▢	**Sports** ▢	**A.Athlete** ▢	3	395
DISC	333	131	**Glades** "Stranglehold" ▢		**Dirty Jobs** ▢		**Dirty Jobs** "Wine Maker" ▢		**Dirty Jobs** "Well Digger" ▢		**Dirt Job** "Poo Pot Maker" ▢		**Dirty Jobs** ▢		182	278
DISNEY*	444	98	**Gravity**	**Amphibia** ▢	**BigCity** ▢	**BigCity** ▢	**BigCity** ▢	**BigCity** (N) ▢	**"Despicable Me 3"** *Steve Carell.* ▢		**G. Duran** ▢		**G. Duran** ▢	**G. Duran** ▢	173	291
E!*	549	240	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	**Parks/Rec** ▢	114	236
ESPN	222	70	**NCAA Basketball** Alabama at Kentucky (L) ▢				**NCAA Basketball** Louisville at Notre Dame (L) ▢				**NCAA Basketball** (L) ▢				140	206
ESPN2	224	74	**NCAA Basketball** Cincinnati at Central Florida (L) ▢				**NCAA Basketball** Oklahoma State at TCU (L) ▢				**NCAA Basketball** (L) ▢				144	209
FILI	688	320	**Gandang** ▢	**Swak Na Swak** ▢		**It's Showtime** ▢					**Team Yey!**	**Sweetie**	**Maalaala Mo Kaya** ▢		-	-
FNC	109	178	**America's News HQ** ▢				**America's News HQ** ▢		**Journal Editorial R.** ▢		**America's News HQ** ▢				205	360
FOOD	321	231	**S. Kitchen** ▢	**30 Mins** ▢	**Pioneer** ▢	**Pioneer** ▢	**The Kitchen** (N) ▢		**Southern** ▢	**S. Kitchen** ▢	**Kids Baking Champion** ▢		**Diners** "Amazing Asian" ▢		110	231
FREE*	538	122	**The Middle** ▢	**The Middle** ▢	**The Middle** ▢	**★★ "The Lorax"** ('12, Ani) *Zac Efron.* ▢				**★★ "Alvin and the Chipmunks"** ('07, Ani) *Jason Lee.* ▢				**Movie**	180	311
FSW	226	-	**NCAA Basketball** DePaul at St. John's (L) ▢				**NCAA Basketball** Iowa State vs. Oklahoma (L) ▢				**NCAA Basketball** Kansas State vs. Texas Tech (L) ▢				-	692
FSPT	228	-	**Paid** ▢	**Paid** ▢	**Match** ▢	**BreakPar** ▢	**NCAA Basketball** N.C. State vs Virginia T. (L) ▢				**Pow.Spo.** ▢	**NCAA Basketball** (L) ▢			-	-
FX	554	124	**"A Million Ways to Die in the West"** ▢			**★★ "Neighbors"** ('14, Com) *Seth Rogen.* ▢				**★★ "Daddy's Home"** ('15, Com) *Will Ferrell.* ▢				**Movie**	136	248
GOLF	216	86	**PGA Golf** Sony Open Site: Waialae Country Club -- Honolulu, Hawaii ▢					**PGA Golf** Sony Open Site: Waialae Country Club -- Honolulu, Hawaii ▢							401	218
HALL	452	128	**"Marrying Mr. Darcy"** ('18, Rom) *Cindy Busby.* ▢				**"Love in Paradise"** ('16, Dra) *Luke Perry.* ▢				**"Love on Ice"** ('17, Rom) *Julie Berman.* ▢				185	312
HGTV	323	232	**Boise** "The Firehouse" ▢		**Love It or List It** ▢		**Love It or List It** ▢		**Love It or List It** ▢		**Love It or List It** ▢		**Love It or List It** ▢		112	229
HISTORY	327	133	**Swamp People: Outdoors** "Bruce's Dilemma" ▢						**★★★ "The Outlaw Josey Wales"** ('76, West) *Clint Eastwood.* ▢						120	269
HBO	611	502	**Sesame** ▢	**Sesame** ▢	**"Paddington 2"** *Michael Gambon.* ▢			**★★ "Rush Hour 2"** *Jackie Chan.* ▢			**★★★★ "Crazy, Stupid, Love."** *Steve Carell.* ▢				303	504
HBO2	612	503	**★★ "Long Shot"** ('19, Com) *Charlize Theron.* ▢				**The Young Pope** ▢		**The Young Pope** ▢		**The Young Pope** ▢		**Pope** ▢	**Pope** ▢	304	505
KBS	80	-	**News** ▢	**News** ▢	**Senior Talk Show**		**The Return of Superman** ▢		**Backpack Travels** ▢		**Battle Trip** ▢			**Sing** ▢	-	-
LIFE	448	226	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**★ "Psycho Wedding Crasher"** ▢			**"Psycho Stripper"** ▢			**"Psycho Mother-In-Law"**		108	276
LMN	449	227	**"Web of Lies"** ▢		**"Nanny Killer"** ('18, Dra) *Morgan Obenreder.* ▢				**"The Good Nanny"** ('17, Thril) *Briana Evigan.* ▢				**"Pregnant and Deadly"**		109	253
MAX	622	515	**★★ "Michael Clayton"** ▢		**★★ "Red Corner"** ('97, Susp) *Richard Gere.* ▢				**★★★ "War Dogs"** ('16, Com) *Jonah Hill.* ▢				**"Crazy Rich Asians"** ▢		311	516
MSNBC	107	175	**Weekends-Alex Witt** ▢		**Weekends-Alex Witt** ▢		**MSNBC Live** ▢		**MSNBC Live** ▢		**MSNBC Live** ▢		**PoliticsNation** ▢		209	356
NATGEO	347	130	**Running Wild** ▢		**Running Wild** ▢		**Lockdown** ▢		**Lockdown** "War Zone" ▢		**Lockdown** "Iron Grip" ▢		**Lockdown** "War Within" ▢		186	276
NGN	677	-	**Sweets** ▢	**Scarlet/Video**	**Enka Singers**	**Brain** ▢ /**Samiotoko** ▢		**Okikatsu!**	**Okonom.** ▢	**Dosanko** ▢	**News** ▢	**Brain /Choshichiro Nikki** ▢		**Sweets** ▢	-	-
NICK	446	100	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	**Casagrandes**	**Loud H.** ▢	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	**Sponge** ▢	171	300
OC16	16	-	**TheChamp** ▢	**Pilates** ▢	**Outside HI** ▢	**Japan** ▢	**Cutty** ▢	**Fishing Adv.**	**Hawaii** ▢	**Driver** ▢	**Hawaii Goes Fishing** ▢		**Board** ▢	**Sports**	-	-
OCSPT	12	89	**NCAA Volleyball** Harvard vs. Hawaii ▢		**Post-game** ▢		**NCAA Football Classics** San Diego State vs. Hawaii ▢						**Game On!**	**Volleyball** ▢	-	-
OLELO53	53	53	**Native Hawaii Prog.** ▢		**Native Hawaii Programming** ▢				**First Friday Hawaii** ▢		**Native Hawaii Programming** ▢				-	-
OLELO54	54	54	**Social/ Political Programming** ▢								**Full Democracy** ▢		**Social Programming** ▢		-	-
OLELO55	55	55	**Inspirational Prog.** ▢		**Jesus** ▢	**Unity Church of Hawaii** ▢		**Faaman.** ▢	**The Gospel Hour**		**Inspirational Prog.** ▢		**Jesus Is Coming Soon** ▢		-	-
OWN*	343	242	**Home Made Simple** ▢		**Dr. Phil** ▢		**Dr. Phil** ▢		**Dr. Phil** ▢		**Family or Fiancé** ▢		**Family or Fiancé** ▢		189	279
OXY	558	229	**Killer Siblings** "Stovalls" ▢		**Killer Siblings** "Carrs" ▢		**Killer Siblings** "Rosas" ▢		**Killer Siblings** "Williams" ▢		**Killer Siblings** "Bevers" ▢		**Killer Sibli** "Bondurants" ▢		127	251
PARMT	559	141	**★★★ "Super Troopers"** ▢		**★★★ "Beverly Hills Cop"** ('84, Com) *Eddie Murphy.* ▢					**★★★ "Friday"** ('95, Com) *Ice Cube.* ▢				**Movie**	241	241
SHOW*	633	451	**Celeste Barber** ▢		**★★★ "Five Feet Apart"** *Haley Lu Richardson.* ▢				**★★★ "Flashdance"** *Jennifer Beals.* ▢			**The L Word** "Labels" ▢		**Work** ▢	319	546
SYFY	557	144	**★★★★ "Harry Potter and the Sorcerer's Stone"** ('01, Fant) *Daniel Radcliffe.* ▢							**★★★ "Harry Potter and the Chamber of Secrets"** *Daniel Radcliffe.* ▢					122	244
TBS	551	121	**Brooklyn** ▢	**Brooklyn** ▢	**★★ "Two Weeks Notice"** ('02, Com) *Sandra Bullock.* ▢				**★★ "The Break Up"** ('06, Com/Dra) *Vince Vaughn.* ▢				**★★ "Fool's Gold"** ▢		139	247
TCM	602	157	**★★★ "Gentleman's Agreement"** *Gregory Peck.* ▢				**★★ "Godzilla, King of the Monsters"** ▢			**★★ "Zorba the Greek"** ('64, Dra) *Anthony Quinn.* ▢					132	256
TLC*	331	132	**Four Weddings** ▢		**Four Weddings** ▢		**Four Weddings** ▢		**Four Weddings** ▢		**Four Weddings** ▢		**Dr. Pimple** "Eggs Lipoma" ▢		183	280
TMC	644	467	**★★★★ "Capote"** ('05, True) *Philip Seymour Hoffman.* ▢				**"Blaze"** ('18, Bio) ▢				**★★★ "Dead Again"** ('91, Dra) *Kenneth Branagh.* ▢				329	554
TNT	553	125	**NCIS: New O.** "#1 Fan" ▢		**★★★ "Blade"** ('98, Act) *Wesley Snipes.* ▢				**★★ "Blade II"** ('02, Act) *Wesley Snipes.* ▢				**★★ "Blade: Trinity"** ▢		138	245
TOON	440	103	**DrmaRma**	**AppOn** (N)	**Titans!** ▢	**Titans!** ▢	**Titans!** ▢	**Titans!** ▢	**Titans!** ▢	**Ninjago**	**Gumball** ▢	**Gumball** ▢	**Gumball** ▢	**Gumball** ▢	177	297
TRAVEL*	325	139	**Monsters and**		**Monsters and**		**Hometown Horror**		**Hometown Horror**		**Hometown Horror**		**H.Horror** "The Pigman"		196	277
TVLAND	441	127	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	**Roseanne** ▢	106	304
USA*	555	123	**Paid** ▢	**Paid** ▢	**Paid** ▢	**Paid** ▢	**★★ "Couples Retreat"** ('09, Com) *Vince Vaughn.* ▢					**Sex & City** ▢	**Sex & City** ▢	**Sex & City** ▢	105	242
WE	451	230	**Paid** ▢	**Paid** ▢	**Criminal Minds** ▢		**C.Minds** "Open Season" ▢		**Criminal Minds** "Legacy" ▢		**Criminal Minds** ▢		**Criminal Minds** "Doubt" ▢		128	260

D – Spectrum Digital **HT – Hawaiian Telcom** **S1 – Dish** **S2 – DirecTV** ***Programming on HT may not match the times listed**

News Movies Sports

01/11	D	HT	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30	S1	S2
(2) KHON	3	3	To Be Announced ◻		Erth2050 ◻	Nature (N) ◻	OutSpace ◻	Xploratn ◻	Weird (N) ◻	DIY Sci (N) ◻	Weather ◻	Wahine ◻	News (N) ◻	Wheel ◻	2	2
(4) KITV	4	4	Paid ◻	Paid ◻	DestinTV ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	Paid ◻	News (N) ◻	News (N) ◻	News (N) ◻	IslandS. ◻	4	4
(9) KHII	5	5	★★ "Next Day Air" ('09, Com) *Donald Faison.* ◻				Leverage ◻		Paid ◻	Sp. Net ◻	Cars.TV ◻	Sp. Net ◻	News (N) ◻	BigBang ◻	5	5
(5) KGMB	7	7	Paid ◻	Paid ◻	News (N) ◻	NFL Today ◻	NFL Football AFC Divisional To Be Announced at Baltimore Ravens (L) ◻						News (N) ◻	HI Now ◻	9	9
(11) KHET	10	11	Painting ◻	Paint ◻	W.Shop ◻	Ask House ◻	Old House ◻	Motor. (N) ◻	Ming (N) ◻	TestK (N) ◻	Lidia's Kit. ◻	Milk St. ◻	Dining ◻	News. (N) ◻	11	11
(13) KHNL	8	8	Football ◻	Paid ◻	Earth Od ◻	Earth Od ◻	Consumer ◻	VetsSav. ◻	New Leaf ◻	Champion ◻	News (N) ◻	News (N) ◻	HI Now ◻		13	13
(14) KWHE	11	14	Game On ◻	50Plus (N)	Military ◻	Garden ◻	Hazelton ◻	Spaces (N) ◻	CoffeeUSA ◻	Real Green ◻	Sm.Town ◻	Traveler ◻	America ◻	Music ◻	14	-
(20) KIKU	9	20	The Kingdom of Jesus Christ ◻						Paid ◻	SurerWrd ◻	You're My Home ◻		Beautiful Strangers ◻		20	20
KFVE	22	13	★★ "Open Season" *Voices of Martin Lawrence.* ◻				Black-ish ◻	Black-ish ◻	Voice ◻	Doko Ga TV	Hi Session ◻	Weddings	Last Man ◻	Last Man ◻		
(26) KAAH*	26	26	Gaither: Precious ◻		In Touch Ministries ◻		Huckabee ◻		Gotta Do It	The Hour of Power ◻		Leading ◻	Huckabee ◻		-	-
(32) KBFD	2	6	It's My Life ◻			Running Man ◻			News ◻	Paid Program ◻				News (N)	-	-
(44) KWBN		44	Jesus ◻	Gospel ◻	Religious Programming ◻			M. Youssef ◻	K.Hagin ◻	JSekulow ◻	In Touch Ministries ◻		P. Stone ◻	Love Israel ◻		
(46) KHLU	35	-	Cuentamelo Ya!... Al Fin		Como dice el dicho ◻		Querida	Querida	Una Familia	Una Familia	María	Noticiero ◻	MFL Fútbol (L) ◻		-	-
(66) KPXO	27	27	SVU "Annihilated" ◻		Law&O: SVU "Pretend" ◻		Law&O: SVU "Screwed" ◻		Law&O: SVU "Alternate" ◻		Law&O: SVU "Avatar" ◻		Law&O: SVU "Impulsive" ◻			
A&E	547	129	Live PD ◻				Live PD ◻						Live PD ◻ /Live PD ◻		118	265
AHC*	345	137	Mob Citizen: Joe ◻		John Gotti: The ◻		The Renegade Mobster ◻		Luciano: Father-Mob		The Last Don ◻		Mafia vs. JFK ◻		195	287
AMC	600	159	Movie	★★ "Addams Family Values" *Anjelica Huston.* ◻				★★★ "Ghostbusters" ('84, Com) *Bill Murray.* ◻					"Jack the Giant Slayer"		131	254
ANPL	329	107	Vet Life "Llama Drama" ◻		PitBullP. "Behind Bars" ◻		Parole "Eye of the Storm" ◻		Pit Bull Parole "Our Gift" ◻		Pit Bulls & Parolees ◻		PitBullP. "Twist of Fate" ◻		184	282
BBCA	341	135	Madagascar ◻		Planet Earth: Enchanted Kingdom ◻				Africa "Congo" ◻		Africa "Cape" ◻		Africa "Sahara" ◻		135	264
BRAVO	560	237	Housewives/NewJersey ◻		Wives NJ "Abs and Jabs" ◻		"To Be Announced" ◻						★★★ "Pretty Woman" ◻		129	237
CNBC	116	176	Under Boss "Maaco" ◻		Undercover Boss ◻		Undercover Boss ◻		Boss "Marco's Pizza" ◻		Boss "Hudson Group" ◻		Super Rich ◻	Super Rich ◻	208	355
CNN	113	172	S.E. Cupp Unfiltered ◻		CNN Newsroom ◻		CNN Newsroom ◻		United Shades Of America		United Shades Of America		United Shades Of America		200	202
COMEDY	545	142	Movie	"To Be Announced" ◻					"To Be Announced" ◻					Movie	107	249
CSPAN	45	61	The Communicators ◻		Washington This Week ◻		The Communicators ◻		Public Affairs Events ◻						210	350
CW	93	2	Provdnce ◻	Provdnce ◻	Provdnce ◻	Provdnce ◻	Murdoch Mysteries ◻		Sp. Net ◻	Whack ◻	Asia ◻	Fishing ◻	BigBang ◻	BigBang ◻	3	395
DISC	333	131	Dirt Job "Leather Tanner" ◻		Dirt Job "Bridge Painter" ◻		Moonshiners ◻		Moonshiners ◻		Moonshiners ◻		Moonshiners ◻		182	278
DISNEY*	444	98	Sydney	Sydney ◻	Bunk'd ◻	Bunk'd ◻	Bunk'd ◻	CoopCmi	Rollwlt ◻	Rollwlt ◻	Jessie ◻	Jessie 1/3 ◻	Jessie/Jessie	Raven ◻	173	291
E!*	549	240	Parks/Rec ◻	Parks/Rec ◻	★★ "What to Expect When You're Expecting" *Cameron Diaz.* ◻					★★★ "Knocked Up" ('07, Com) *Seth Rogen.* ◻					114	236
ESPN	222	70	NCAA Basketball (L) ◻				NCAA Basketball (L) ◻				Boxing Top Rank Site: Mark G. Etess Arena (L) ◻				140	206
ESPN2	224	74	NCAA Basketball (L) ◻				NCAA Basketball (L) ◻				NCAA Basketball USC at UCLA Site: Pauley Pavilion (L) ◻				144	209
FILI	688	320	Maalaala ◻	I Can See Your Voice ◻		Your Moment		TV Patrol ◻	It's Showtime ◻					Ipaglaba	-	-
FNC	109	178	Fox Report ◻		Life, Liberty & Levin		Watters World ◻		Justice JudgeJeanine ◻		The Greg Gutfeld Show ◻		Watters World ◻		205	360
FOOD	321	231	Diners, Drive-Ins ◻		Restaurant: Impossible ◻		Restaurant: Impossible ◻		Diners, Drive-Ins ◻		Diners "All Stacked Up" ◻		Diners ◻	Diners ◻	110	231
FREE*	538	122	"Alvin & the Chipmunks: The Squea...			★★★ "Holes" ('03, Adv) *Sigourney Weaver.* ◻					★★ "The Jungle Book" ('16, Fam) *Neel Sethi.* ◻				180	311
FSW	226	-	Kings	Pregame ◻	NHL Hockey Los Angeles Kings at Carolina Hurricanes (L) ◻					Post-game ◻	NCAA Hockey ◻				-	692
FSPT	228	-	Basket. ◻	Aztec CBF ◻	WSL Highlights ◻		Pregame ◻	NHL Hockey Anaheim Ducks at Chicago Blackhawks (L) ◻					Post-game ◻	DuckWk (N)	-	-
FX	554	124	★★ "The Heat" ('13, Com) *Sandra Bullock.* ◻				★★★ "Spider-Man: Homecoming" ('17, Act) *Tom Holland.* ◻						"Baby Driver" ◻		136	248
GOLF	216	86	Golf Cent. Pre-game (L) ◻		PGA Golf Sony Open Site: Waialae Country Club -- Honolulu, Hawaii (L) ◻							Golf C. (N) ◻	AsianTour Golf ◻		401	218
HALL	452	128	"One Winter Weekend" ('18, Rom) *Taylor Cole.* ◻				"Winter Love Story" ('19, Rom) ◻				"Winter in Vail" ('20, Rom) *Lacey Chabert.* ◻				185	312
HGTV	323	232	Love It or List It ◻		Love It or List It ◻		Hunters ◻	Hunters ◻	Life (N) ◻	Life (N) ◻	Bahamas ◻	Bahamas ◻	Mexico ◻	Mexico ◻	112	229
HISTORY	327	133	★★★ "Unforgiven" ('92, West) *Clint Eastwood.* ◻						Ancient Aliens ◻		Ancient Aliens ◻		Ancient Aliens: Dec. (N) ◻		120	269
HBO	611	502	Making of ◻	★★★ "Shazam!" ('19, Act) *Zachary Levi.* ◻				★★★ "The Day After Tomorrow" ('04, Act) *Dennis Quaid.* ◻					"John Wick: Chapter 3...		303	504
HBO2	612	503	Pope ◻	The Young Pope ◻		The Young Pope ◻		The Young Pope ◻		The Young Pope ◻		The Young Pope ◻		Movie	304	505
KBS	80	-	Sing ◻	Happy Together ◻			Immortal Songs 2 ◻			BeautifulLoveLife ◻		LoveLife ◻	Music Bank ◻		-	-
LIFE	448	226	"Psycho Mother-In-Law"		"Psycho Brother-in-Law" *Brittany Falardeau.* ◻				"Psycho Ex-Girlfriend" *Elisabeth Harnois.* ◻				"Psycho Nurse" (P) ◻		108	276
LMN	449	227	"Pregnant and Deadly"		"Saving My Baby" ('19, Thril) *Brianne Davis.* ◻				"The Twisted Nanny" ('19, Dra) *Tara Erickson.* ◻				"The Babysitter's Reve...		109	253
MAX	622	515	★★★ "Crazy Rich Asians" ◻			★★★ "In Bruges" *Colin Farrell.* ◻			★★ "Paul" ('11, Com) *Nick Frost.* ◻				★★ "The Ruins" ◻		311	516
MSNBC	107	175	Deadline: White House ◻		Hardball ◻		All in With Chris Hayes ◻		Rachel Maddow ◻		The Last Word ◻		The 11th Hour ◻		209	356
NATGEO	347	130	Lockdown: On the Inside ◻		Lockdown "County Clink" ◻		Lockdown "Young Blood" ◻		Lockdown "County Chaos"		Lockdown "Supermax" ◻		Lockdown ◻		186	276
NGN	677	-	Sama No ◻	Brain ◻	Natsuzo.	PONPON ◻	Erin ◻	Ikiiki	Brain/Mentai	Brain	Scarlet ◻	Matsuko ◻	Sama No ◻	Brain/News	-	-
NICK	446	100	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	Loud H. ◻	H.Danger ◻	Casagrandes	171	300
OC16	16	-	Pakele ◻	Braddahs ◻	Ocean ◻	Tiny TV ◻	Showcase ◻	TheChamp ◻	Pilates ◻	Outside HI ◻	Painting ◻	Crafting ◻	FshnSnse ◻	Cook. ◻	-	-
OCSPT	12	89	NCAA Volleyball Harvard vs. Hawaii ◻		Post-game ◻		NCAA Baseball Classics Longwood vs. Hawaii ◻							Game On!	-	-
OLELO53	53	53	Native Hawaii Programming ◻							Not for Sale	HI Prog. ◻	Truth	Beauties and Festivities		-	-
OLELO54	54	54	Social/ Political Programming ◻		F.A.P.E. Now! ◻		Kukui ◻		Dr. J. Char ◻	Social ◻	Self ◻	Cannabis TV	Everyday Tai Chi by Lucy ◻		-	-
OLELO55	55	55	Inspiration ◻	I Am That I ◻	The Coming of Jesus ◻		P. Table ◻	Church ◻	Overcom. ◻	Inspirational Programming ◻				Dr. Yuen ◻	-	-
OWN*	343	242	Family or Fiancé ◻		Family or Fiancé ◻		Family or Fiancé ◻		Family or Fiancé ◻		Family or Fiancé ◻		Family or Fiancé ◻		189	279
OXY	558	229	Killer Siblings "Vues" ◻		Killer Siblings ◻		Killer Siblings "Brileys" ◻		Criminal Confess (N) ◻		Snapped "Pandora Zan" ◻		Snap. "Sharon Halstead" ◻		127	251
PARMT	559	141	★★ "Next Friday" ('00, Com) *Ice Cube.* ◻				★★ "Friday After Next" ('02, Com) *Ice Cube.* ◻				★★★ "Friday" ('95, Com) *Ice Cube.* ◻				241	241
SHOW*	633	451	★★ "Shaft" *Samuel L. Jackson.* ◻			★★★ "The Hunt for Red October" ('90, Act) *Sean Connery.* ◻					Shameless ◻		★★ "Mile 22" ◻		319	546
SYFY	557	144	"Harry Potter & the Chamber of Se...			★★★ "Harry Potter and the Prisoner of Azkaban" ('04, Fant) *Daniel Radcliffe.* ◻						"Harry Potter and the Goblet of Fire"			122	244
TBS	551	121	★★ "Fool's Gold" ◻			★★★ "This Is 40" ('12, Com) *Paul Rudd.* ◻					★★ "Horrible Bosses" ('11, Com) *Jason Bateman.* ◻				139	247
TCM	602	157	★★★★ "Ride the High Country" *Joel McCrea.* ◻				★★★★ "Rashomon" ('50, Dra) *Toshiro Mifune.* ◻				★★ "The Outrage" ('64, West) *Paul Newman.* ◻				132	256
TLC*	331	132	Dr. Pimple Popper ◻		My Feet Are Killing Me ◻		My Feet Are Killing Me ◻		Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	Yes Dress ◻	183	280
TMC	644	467	★★★ "When Harry Met Sally" ◻			★★ "Adrift" ('18, Act) *Shailene Woodley.* ◻				★★★ "Den of Thieves" ('18, Act) *Gerard Butler.* ◻					329	554
TNT	553	125	★★ "Blade: Trinity" *Wesley Snipes.* ◻			★★ "The Dark Knight Rises" ('12, Act) *Anne Hathaway.* Batman returns to protect Gotham. ◻							★★★ "It" *Bill Skarsgård.* ◻		138	245
TOON	440	103	Craig/Craig	Craig/Craig	Victor/Victor	Victor/Victor	Gumball ◻	Gumball ◻	Gumball ◻	Gumball ◻	AppOn	AppOn ◻	DragonB. ◻	D. Ball Super	177	297
TRAVEL*	325	139	My Horror Story ◻		Horror "Home Sweet Hell"		Horror "The Devil Inside" ◻		My Horror Story ◻		Horror "Unreal Estate" ◻		Portals to Hell ◻		196	277
TVLAND	441	127	Roseanne ◻	Roseanne ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	2½ Men ◻	106	304
USA*	555	123	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	Sex & City ◻	105	242
WE	451	230	Criminal Minds ◻		Criminal Minds ◻		Criminal Minds ◻		C.Minds "Seven Seconds" ◻		Crim. Minds "About Face" ◻		Criminal Minds "Identity" ◻		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

01/11	D	HT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	S1	S2
(2) KHON	3	3	To Hell and Back ▢		Deputy "10-8 Outlaws" ▢		Heart. "Hearts Run Free" ▢		News (N) ▢	Beat Shazam ▢		Hollywood ▢	Wipeout "Family Matters" ▢		2	2
(4) KITV	4	4	Conners ▢	Conners ▢	Goldberg ▢	Goldberg ▢	20/20 ▢		News (N) ▢	New Hope ▢	American Ninja Warrior ▢		Major Crimes ▢		4	4
(9) KHII	5	5	2½ Men ▢	2½ Men ▢	Castle "Bad Santa" ▢		Heart. "Hearts Run Free" ▢		News (N) ▢	Mother ▢	Comedy.TV ▢		BobBrg ▢	BobBrg ▢	5	5
(5) KGMB	7	7	K5 Mele ▢		Talk Story McKenna ▢		Ent. Tonight ▢		News (N) ▢	Madam "Ghost Detainee" ▢		Elementary ▢		Listener ▢	9	9
(11) KHET	10	11	Bare Feet ▢	Feast (N) ▢	Islamic Art: Mirror ▢			Dave Chappelle: The Mark Twain Prize ▢			Austin City Limits (N) ▢		Nature ▢		11	11
(13) KHNL	8	8	Ellen's Game of Games ▢		Dateline NBC ▢		Saturday Night Live ▢		News (N) ▢	Saturday Night Live ▢			NCIS: New Orleans ▢		13	13
(14) KWHE	11	14	Heart. "Hearts Run Free" ▢		Heart. "Hearts Run Free" ▢		Murdoch Mysteries ▢		Murdoch Mysteries ▢		J.L.Rich ▢	Paid ▢	Lassie ▢	Lassie ▢	14	-
(20) KIKU	9	20	Lone Wolf With Cub ▢		Behind the Noren ▢		Jazz Alley TV ▢		Paid ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	Paid ▢	20	20
KFVE	22	13	Goldberg ▢	Goldberg ▢	K5 Mele ▢		News ▢	Matter ▢	Friends ▢	Seinfeld ▢	News ▢	Mike&M. ▢	Mike&M. ▢	2 Broke G. ▢		
(26) KAAH*	26	26	Gotta Do It	L.Fontaine ▢	Greatest ▢	"America's Godly Heritage" (Doc/Dra)			Praise ▢		R. Morris ▢	G. Laurie ▢	John Gray ▢	K. Shook ▢	-	-
(32) KBFD	2	6	Destiny ▢	My Mom ▢			News (N) ▢ /It's My Life ▢			Law of the Jungle ▢			Off Air ▢		-	-
(44) KWBN		44	Prophetic ▢	OpnDrExp ▢	B. Lambert	The Ramp ▢	Religious ▢	Freedom	In Touch Ministries ▢		Reflections ▢		Reflections ▢			
(46) KHLU	35	-	MFL Fútbol (L) ▢		MFL Fútbol (L) ▢				María	Noticiero ▢	Vecinos ▢	Vecinos ▢	Más Noche		-	-
(66) KPXO	27	27	Law&O: SVU "Savant" ▢		Law&Order: SVU "Harm" ▢		Law&O: SVU "Svengali" ▢		Law&O: SVU "Blinded" ▢		Law&Order: SVU "Fight" ▢		Law&O: SVU "Paternity" ▢			
A&E	547	129	Live PD (L) ▢						Live PD ▢						118	265
AHC*	345	137	Luciano: Father-Mob		The Last Don ▢		Mafia vs. JFK ▢		The Renegade Mobster ▢		John Gotti: The ▢		Mob Citizen: Joe ▢		195	287
AMC	600	159	★★★ "Jack the Giant Slayer" ▢			★★ "Night at the Museum: Battle of the Smithsonian" *Ben Stiller.* ▢					★★★★ "Ghostbusters" ('84, Com) *Bill Murray.* ▢				131	254
ANPL	329	107	Pit Bulls & Parolees (N) ▢		The Vet Life (N) ▢		Vet Life "Hog House Call"		Parole "Pack of Puppies" ▢		PitBullP. "Twist of Fate" ▢		Vet Life "Houston Ink" ▢		184	282
BBCA	341	135	Africa "Kalahari" ▢		Africa "Savannah" ▢		Africa "Congo" ▢		Africa "Cape" ▢		Africa "Sahara" ▢		Africa "Kalahari" ▢		135	264
BRAVO	560	237	★★★ "Pretty Woman" *Richard Gere.* ▢			★★★ "Pretty Woman" ('90, Rom) *Richard Gere.* ▢					Blind Date ▢	Blind Date ▢	Blind Date ▢	Blind Date ▢	129	237
CNBC	116	176	Super Rich ▢	Super Rich ▢	Super Rich ▢	Super Rich ▢	Paid ▢	Paid ▢	Five Day Biz Fix ▢		Five Day Biz Fix ▢		Five Day Biz Fix ▢		208	355
CNN	113	172	United Shades Of America		United Shades Of America		United Shades Of America		United Shades Of America		CNN Newsroom (N) ▢		CNN Newsroom (N) ▢		200	202
COMEDY	545	142	"To Be Announced" ▢			"To Be Announced" ▢					SouthPk ▢	SouthPk ▢	SouthPk ▢	SouthPk ▢	107	249
CSPAN	45	61	Public Affairs Events ▢												210	350
CW	93	2	Castle "Castle, P.I." ▢		★★ "Paranormal Activity 3" *Chloe Csengery.* ▢				Celeb ▢	Access Hollywood (N) ▢		Mom ▢	Hollywood ▢	Hollywood ▢	3	395
DISC	333	131	To Be Announced ▢		To Be Announced ▢		To Be Announced ▢		To Be Announced ▢		To Be Announced ▢		To Be Announced ▢		182	278
DISNEY*	444	98	Raven ▢	Raven ▢	BigCity ▢	BigCity	BigCity ▢	BigCity ▢	Bunk'd ▢	Bunk'd ▢	G.Duran	Owl House ▢	Raven ▢	Raven ▢	173	291
E!*	549	240	★★★ "Wedding Crashers" ('05, Com) *Owen Wilson.* ▢					★★ "He's Just Not That Into You" ('09, Com) *Ginnifer Goodwin.* ▢					Sex & City ▢	Sex & City ▢	114	236
ESPN	222	70	NFL Rewind (L)		SportsCenter (N) ▢		SportsCenter (N) ▢		SportsCenter ▢		NFL Rewind		SportsCenter ▢		140	206
ESPN2	224	74	SportsCenter (N) ▢		UFC Unleashed (N) ▢		Boxing Top Rank ▢				SportsCenter (N) ▢		CFP Recap	CFP Recap	144	209
FILI	688	320	Ipaglaba	Maalaala Mo Kaya ▢		I Can See Your Voice ▢		The Bottomline ▢		Failon	Soco	Your Moment		Citizen ▢	-	-
FNC	109	178	Justice JudgeJeanine ▢		The Greg Gutfeld Show ▢		Watters World ▢		Justice JudgeJeanine ▢		The Greg Gutfeld Show ▢		Fox Report ▢		205	360
FOOD	321	231	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	Diners ▢	110	231
FREE*	538	122	Movie	★★★ "Iron Man" ('08, Act) *Robert Downey Jr..* ▢						★★★★ "Captain America: The Winter Soldier" *Chris Evans.* ▢					180	311
FSW	226	-	Hockey ▢	NHL Hockey Los Angeles Kings at Carolina Hurricanes ▢				Post-game ▢	Kings	SnowMot. ▢	NCAA Basketball Georgetown vs. Villanova ▢				-	692
FSPT	228	-	NHL Hockey Anaheim Ducks at Chicago Blackhawks ▢				Post-game ▢	DuckWk	Boxing Classics ▢				MMA WCK Full Rules ▢		-	-
FX	554	124	"Baby Driver" *Kevin Spacey.* ▢			★★★ "American Made" ('17, Act) *Tom Cruise.* ▢					Better ▢	Better ▢	Better ▢	Baskets ▢	136	248
GOLF	216	86	AsianTour Golf Hong Kong Open Site: Hong Kong Golf Club -- Fanling, Hong Kong (L) ▢							P. Lessons	EPGA Golf South African Open (L) ▢				401	218
HALL	452	128	"Love in Winterland" *Chad Michael Murray.* (P) ▢				"SnowComing" ('19, Fam) *Trevor Donovan.* ▢				"Love by Chance" ('16, Com) *Brenda Strong.* ▢				185	312
HGTV	323	232	Caribbean ▢	Caribbean ▢	Bahamas ▢	Bahamas ▢	Mexico ▢	Mexico ▢	B. Hunters ▢	B. Hunters ▢	Paid Program ▢				112	229
HISTORY	327	133	Ancient Aliens: Declassified (N) ▢						Ancient Aliens: Declassified ▢						120	269
HBO	611	502	"John Wick: Chapter 3...		Westworld "The Original" ▢		Westworld "Chestnut" ▢		★★★ "John Wick: Chapter 3 - Parabellum" *Keanu Reeves.* ▢					"Alfie" ▢	303	504
HBO2	612	503	★★★ "Moulin Rouge!" ('01, Mus) *Nicole Kidman.* ▢				"Rock the Kasbah" *Bill Murray.* ▢			★★ "Happy Death Day 2U" ('19, Hor) *Jessica Rothe.* ▢				"Aliens" ▢	304	505
KBS	80	-	Music ▢	Gag Concert			News ▢	Stars' Top Recipe at Fun-Staurant ▢			The K-Wrestling ▢			Dogs ▢	-	-
LIFE	448	226	"Psycho Nurse" (P) ▢		"The Psycho She Met Online" *Yani Gellman.* ▢				"Psycho Nurse" ('20, Thril) *Lyndon Smith.* ▢				"The Psycho She Met...		108	276
LMN	449	227	"The Babysitter's Reve...		"Killer Contractor" ('19, Thril) *Alyshia Ochse.* ▢				"The Babysitter's Revenge" ('19, Thril) *Bree Turner.* ▢				"Killer Contractor" ▢		109	253
MAX	622	515	Movie	★★ "Jurassic World: Fallen Kingdom" *Chris Pratt.* ▢			★★★★ "Die Hard" ('88, Act) *Bruce Willis.* ▢						"Lying and Stealing" ▢		311	516
MSNBC	107	175	To Be Announced ▢		To Be Announced ▢		Dateline ▢		Dateline ▢		Dateline ▢		Dateline ▢		209	356
NATGEO	347	130	Lockdown (N) ▢		Lockdown ▢		Lockdown ▢		Lockdown: On the Inside ▢		Lockdown ▢		To Catch a Smuggler ▢		186	276
NGN	677	-	Scarlet ▢	Suna no Tou		Brain ▢ /Pretty GaOsugiru		News	News ▢	Brain ▢ /Choshichiro ▢		Sweets ▢	Japanese Enka Singers		-	-
NICK	446	100	Musical "Finals, Part 2"		Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Friends ▢	Mom ▢	Mom ▢	171	300
OC16	16	-	OC/Game	H.S. Basketball (L) ▢			Postga. ▢/OC	Driver (N) ▢	Girlz (N) ▢	Pakele ▢	Gameday /H.S. Basketball ▢			Post-game ▢	-	-
OCSPT	12	89	NCAA Volleyball Grand Canyon U. vs Hawaii (L) ▢				Post-game ▢	Game On!	NCAA Volleyball Grand Canyon University vs. Hawaii ▢				Post-game ▢	Paid ▢	-	-
OLELO53	53	53	Cultural/ Ethnic Programming ▢						HI Prog. ▢	Hawaii Mike	Making Waves		Educational Prog. ▢		-	-
OLELO54	54	54	Tai Chi Aloha ▢		Play Tai Chi ▢		Social/ Political Programming ▢						Social Programming ▢		-	-
OLELO55	55	55	Inspiration ▢	Koolau Baptist Ch. ▢		Inspirational Programming ▢					Brethren of Christ ▢		Inspirational Prog. ▢		-	-
OWN*	343	242	Family or Fiancé (N) ▢		Iyanla, Fix My Life (N) ▢		Family or Fiancé ▢		Family or Fiancé ▢		Iyanla, Fix My Life ▢		Family or Fiancé ▢		189	279
OXY	558	229	Snapped "Roxanne Buck" ▢		Snapped ▢		Snap. "Rebecca Sears" ▢		Snap. "Michelle Knotek" ▢		Snap. "Dee Dee Moore" ▢		Snap. "Michele Despain" ▢		127	251
PARMT	559	141	★★ "Next Friday" ('00, Com) *Ice Cube.* ▢					★★ "Friday After Next" ('02, Com) *Ice Cube.* ▢				★★ "Beverly Hills Cop II" ▢			241	241
SHOW*	633	451	"Mile 22"	"El Chicano" ('18, Dra) *Raul Castillo.* ▢				Shameless ▢		Ray Donovan ▢		The L Word "Labels" ▢		Work ▢	319	546
SYFY	557	144	★★★ "Harry Potter and the Goblet of Fire" ▢				Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	Futurama ▢	"Harry Potter & the S...		122	244
TBS	551	121	BigBang ▢	BigBang ▢	BigBang ▢	BigBang ▢	Frontal ▢	★★ "The Break Up" ('06, Com/Dra) *Vince Vaughn.* ▢			★★ "Fool's Gold" ▢				139	247
TCM	602	157	★★ "The Big Night" *John Barrymore.* ▢		★★ "Frankie and Johnny" ('66, Mus) *Elvis Presley.* ▢					Elvis: That's the Way It Is ▢				MGM Parade	132	256
TLC*	331	132	Say Yes to the Dress ▢		Say Yes-Dress "America: I Met My Fiance in Jail" (N) ▢				Say Yes to the Dress ▢		Say Yes to the Dress ▢		Say Yes to the Dress ▢		183	280
TMC	644	467	"Attack of the Killer Donuts" ▢			"Primal Rage" ('18, Hor) *Casey Gagliardi.* ▢				"Attack of the Killer Donuts" ▢			★ "Primal Rage" ▢		329	554
TNT	553	125	★★★ "It" ('17, Dra) *Bill Skarsgård.* ▢				★★★ "It" ('17, Dra) *Bill Skarsgård.* ▢						NCIS:NO "The Third Man" ▢		138	245
TOON	440	103	RickMort ▢	RickMort ▢	FamilyGuy ▢	FamilyGuy ▢	D. Ball Super	gen:LOCK	Dr. Stone ▢	Fire Force ▢	FoodWar ▢	Black Clover	Boruto	NarutoShip	177	297
TRAVEL*	325	139	Portals to Hell ▢		Haunted Hospitals (N) ▢		Ghost Adventures ▢		Portals to Hell ▢		Portals to Hell ▢		Haunted Hospitals ▢		196	277
TVLAND	441	127	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	2½ Men ▢	Christine ▢	Christine ▢	106	304
USA*	555	123	Sex & City ▢	Sex & City ▢	Sex & City ▢	Sex & City ▢	Sex & City ▢	Sex & City ▢	Sex & City ▢	Sex & City ▢	Modern ▢	Modern ▢	Modern ▢	Modern ▢	105	242
WE	451	230	Criminal Minds "Lucky" ▢		Crim. Minds "Penelope" ▢		Crim. Minds "True Night" ▢		Crim. Minds "Birthright" ▢		CSI "Going Ballistic" ▢		CSI:Miami "Resurrection" ▢		128	260

D – Spectrum Digital HT – Hawaiian Telcom S1 – Dish S2 – DirecTV *Programming on HT may not match the times listed

News Movies Sports

Sunday

6:55 a.m. SHOW "Stand by Me" ★★★★ (1986, Adventure) (1h30) ▢ Four friends set out on an adventure to look for the missing body of a local teenager. (1:30)

1:50 p.m. HBO2 "A Star Is Born" ★★★★ (2018, Drama) (2h20) ▢ A country music superstar meets and falls in love with an up-and-coming young singer. (2:20)

3 p.m. TCM "Fiddler on the Roof" ★★★★ (1971, Romance) (3h15) ▢ The story of a poor Ukrainian Jewish milkman and his family at the turn of the century. (3:15)

4 p.m. HBO "Crazy, Stupid, Love." ★★★★ (2011, Comedy/Drama) (2h) ▢ A man whose life is beginning to fall apart meets and befriends a young bachelor. (2:00)

6 p.m. HBO2 "Alien" ★★★★ (1979, Sci-Fi) (2h) ▢ The crew of a spacecraft takes on a dangerous alien that wreaks havoc. (2:00)

8:45 p.m. TNT "Guardians of the Galaxy" ★★★★ (2014, Adventure) (2h30) ▢ A band of misfits must rally together to save the galaxy from a fanatical Kree warlord. (2:30)

9:30 p.m. TCM "The Shop on Main Street" ★★★★ (1965, Foreign) (2h15) During the Second World War, a Czechoslovakian carpenter protects an elderly Jewish widow. (2:15)

1 a.m. TMC "The Death of Stalin" ★★★★ (2018, Comedy) (2h) ▢ In the days following Stalin's collapse, his core team of ministers tussle for control. (2:00)

Monday

6 a.m. TCM "Air Force" ★★★★ (1943, Action) (2h15) ▢ As a result of the Pearl Harbor attack, a B-17 bomber must land on a remote island. (2:15)

12:30 p.m. SHOW "Spotlight" ★★★★ (2015, Biography) (2h15) ▢ Boston Globe reporters delve into allegations of sexual abuse perpetrated by priests. (2:15)

12:45 p.m. TNT "Guardians of the Galaxy" ★★★★ (2014, Adventure) (2h30) ▢ A band of misfits must rally together to save the galaxy from a fanatical Kree warlord. (2:30)

4:15 p.m. TCM "Red Dust" ★★★★ (1932, Drama) (1h45) ▢ The owner of a rubber plantation in Indochina has an affair with a worker's wife. (1:45)

6 p.m. TCM "The Maltese Falcon" ★★★★ (1941, Mystery) (2h) ▢ Detective Sam Spade gets caught up in the murderous search for a priceless statue. (2:00)

9:15 p.m. TCM "Little Women" ★★★★ (1949, Drama) (2h15) ▢ Follow the trials and tribulations of four sisters growing up during the Civil War. (2:15)

5:10 a.m. MAX "Sexy Beast" ★★★★ (2001, Crime Story) (1h30) ▢ A retired gangster, happy to put his life of crime behind, is coerced into one more job. (1:30)

Tuesday

10:15 a.m. SHOW "The Impossible" ★★★★ (2012, Drama) (2h) ▢ A family finds themselves among thousands of strangers in a natural catastrophe. (2:00)

11:05 a.m. MAX "Clerks" ★★★★ (1994, Comedy) (1h35) ▢ Take a day in the life of two eccentric store clerks and their strange customers. (1:35)

Midnight AMC "The Shining" ★★★★ (1980, Horror) (3h30) ▢ An off-season resort hotel caretaker takes an isolated job so he can write a novel. (3:30)

Wednesday

10:25 a.m. HBO "Welcome to Marwen" ★★★★ (2018, Biography) (2h) ▢ A broken man with no memories builds a miniature village to help him cope with his ordeal. (2:00)

11:35 a.m. SHOW "Molly's Game" ★★★★ (2017, Biography) (2h25) ▢ A former athlete runs an illegal gambling operation for Hollywood's rich and famous. (2:25)

4 p.m. HBO "Crazy, Stupid, Love." ★★★★ (2011, Comedy/Drama) (2h) ▢ A man whose life is beginning to fall apart meets and befriends a young bachelor. (2:00)

TMC "Capote" ★★★★ (2005, True Story) (2h) ▢ Writer Truman Capote becomes profoundly affected by his relationship with a convict. (2:00)

6 p.m. FX "Hidden Figures" ★★★★ (2016, Drama) (3h) ▢ A team of African-American women provide NASA with mathematical data for a space mission. (3:00)

TMC "The Death of Stalin" ★★★★ (2018, Comedy) (2h) ▢ In the days following Stalin's collapse, his core team of ministers tussle for control. (2:00)

8:30 p.m. BBCA "The Last Stand" ★★★★ (2013, Action) (2h30) ▢ After escaping from a courthouse, the leader of a drug cartel heads to Mexico. (2:30)

9 p.m. FX "Hidden Figures" ★★★★ (2016, Drama) (3h) ▢ A team of African-American women provide NASA with mathematical data for a space mission. (3:00)

9:50 p.m. MAX "Nocturnal Animals" ★★★★ (2016, Drama) (2h) ▢ An art gallery owner is haunted by her ex-husband's novel, which symbolises their past. (2:00)

10 p.m. SYFY "Arrival" ★★★★ (2016, Drama) (2h29) ▢ When mysterious spacecraft land on earth, a linguist attempts to communicate with them. (2:29)

11 p.m. HBO "Alien" ★★★★ (1979, Sci-Fi) (2h) ▢ The crew of a spacecraft takes on a dangerous alien that wreaks havoc. (2:00)

1 a.m. TCM "Anthony Adverse" ★★★★ (1936, Romance) (2h30) ▢ An orphan runs off to a life of adventures, then searches for the girl he left behind. (2:30)

1:30 a.m. BBCA "The Last Stand" ★★★★ (2013, Action) (2h30) ▢ After escaping from a courthouse, the leader of a drug cartel heads to Mexico. (2:30)

Thursday

6:55 a.m. HBO2 "It's Kind of a Funny Story" ★★★★ (2010, Comedy/Drama) (1h45) ▢ After checking into a psychiatric ward, a clinically depressed teen gets a new start. (1:45)

8 a.m. FX "American Hustle" ★★★★ (2013, Drama) (3h) ▢ A brilliant conman and his partner and girlfriend are forced into working for the FBI. (3:00)

10:40 a.m. MAX "Little Shop of Horrors" ★★★★ (1986, Musical) (1h35) ▢ A man cares for an unusual man-eating plant that brings him fame and good fortune. (1:35)

1 p.m. BBCA "The Last Stand" ★★★★ (2013, Action) (2h30) ▢ After escaping from a courthouse, the leader of a drug cartel heads to Mexico. (2:30)

1:50 p.m. SYFY "Skyfall" ★★★★ (2012, Action) (3h08) ▢ James Bond is faced with another mission involving his fateful connection to M. (3:08)

3:15 p.m. TMC "The English Patient" ★★★★ (1996, Romance) (2h45) ▢ A Canadian nurse tries to piece together the history of a badly injured pilot. (2:45)

11:30 p.m. TCM "Body and Soul" ★★★★ (1947, Sport) (1h30) ▢ A boxer reflects back on his struggle to the top on the eve of a fight that he must throw. (1:30)

1:15 a.m. MAX "Drugstore Cowboy" ★★★★ (1989, True Story) (1h45) ▢ A group of drug addicts wander around the country robbing pharmacies to feed their habits. (1:45)

5 a.m. FX "American Hustle" ★★★★ (2013, Drama) (3h) ▢ A brilliant conman and his partner and girlfriend are forced into working for the FBI. (3:00)

Friday

9:30 a.m. SYFY "Skyfall" ★★★★ (2012, Action) (3h) ▢ James Bond is faced with another mission involving his fateful connection to M. (3:00)

2:45 p.m. SHOW "Green Book" ★★★★ (2018, Biography) (1h15) ▢ An acclaimed black pianist tours the Jim Crow South with his white driver and bodyguard. (1:15)

3 p.m. TCM "Written on the Wind" ★★★★ (1956, Drama) (2h) ▢ A young woman marries into a corrupt oil family then falls for her husband's best friend. (2:00)

9:30 p.m. FX "Straight Outta Compton" ★★★★ (2015, True Story) (3h) ▢ The backstory of N.W.A. and its members, who told the world about life in the hood. (3:00)

12:30 a.m. FX "Straight Outta Compton" ★★★★ (2015, True Story) (3h) ▢ The backstory of N.W.A. and its members, who told the world about life in the hood. (3:00)

Saturday

7 a.m. SYFY "Harry Potter and the Sorcerer's Stone" ★★★★ (2001, Fantasy) (3h33) ▢ Upon learning that he has magical powers, a boy enrolls in a boarding school for wizards. (3:33)

TMC "Capote" ★★★★ (2005, True Story) (2h) ▢ Writer Truman Capote becomes profoundly affected by his relationship with a convict. (2:00)

11:15 a.m. HBO "Crazy, Stupid, Love." ★★★★ (2011, Comedy/Drama) (2h) ▢ A man whose life is beginning to fall apart meets and befriends a young bachelor. (2:00)

11:30 a.m. AMC "The Princess Bride" ★★★★ (1987, Romance) (2h) ▢ A beautiful young woman must be rescued from her cruel fiancé by her one true love. (2:00)

1:15 p.m. TCM "Ride the High Country" ★★★★ (1962, Western) (1h45) ▢ Two aging gunfighters are hired to protect and escort a gold shipment from a mining town. (1:45)

3 p.m. TCM "Rashomon" ★★★★ (1950, Drama) (2h) ▢ In medieval Japan, four people offer conflicting accounts of a rape and murder. (2:00)

10:45 p.m. FREE "Captain America: The Winter Soldier" ★★★★ (2014, Action) (3h15) ▢ Captain America faces a new and powerful enemy as he struggles to unravel a conspiracy. (3:15)

Midnight SYFY "Harry Potter and the Sorcerer's Stone" ★★★★ (2001, Fantasy) (3h30) ▢ Upon learning that he has magical powers, a boy enrolls in a boarding school for wizards. (3:30)

1:30 a.m. KGMB "Urban Cowboy" ★★★★ (1980, Drama) (2h30) ▢ A young farmer travels to Houston to work in a refinery and learns about life at a bar. (2:30)

1:40 a.m. MAX "Sexy Beast" ★★★★ (2001, Crime Story) (1h30) ▢ A retired gangster, happy to put his life of crime behind, is coerced into one more job. (1:30)

Honolulu Star-Advertiser, HI: Movies Jan 5, 2020 to Jan 11, 2020

HOLLYWOOD Q&A

By Adam Thomlison
TV Media

Q: When a non-comedian hosts "Saturday Night Live," do they write their own monologue or do they use the staff writers?

A: In the bizarre world that's been built in and around NBC's Studio 8H, where "Saturday Night Live" is produced, it's not a question of whether you collaborate, but how much.

Most people who've talked about the writing process on the iconic sketch show describe it almost like one long story meeting. The writers and the guest host pile into creator Lorne Michaels' office on Monday to pitch ideas and basically don't separate again until the early hours of the following Sunday.

In that context, even the seasoned comedian hosts take input on their monologues. But the inexperienced ones, unsurprisingly, get quite a bit more support.

Former head writer Adam McKay, for example, says one of his favorite memories was of literally running through the studio halls minutes before air to bring new monologue lines to a host.

McKay's successor, Seth Meyers, said the challenge with inexperienced hosts is less about the writing and more about the performance.

Have a question? Email us at questions@tvtabloid.com. Please include your name and town. Personal replies will not be provided.

"Saturday Night Live" showrunner Lorne Michaels

LATE LAUGHS

A Little Late With Lilly Singh

I've noticed here in L.A., when anyone gets sick, they have 17 different ways to fix it, and none of them are medicine. Instead, they turn to crystals and sage and spiritual guidance, which are somehow sold at Urban Outfitters.

Conan

Democrats are now deciding which of President Trump's crimes to include in the articles of impeachment. So far they have bribery, obstruction of justice and fathering Don Jr. He could get the chair for that one.

Due to a doping scandal, Russia is banned from the 2020 Olympics and the 2022 World Cup. Russia replied, "No problem, at least we can still participate in America's 2020 presidential election."

The miniseries "Chernobyl" got four Golden Globe nominations. After hearing this, the victims of Chernobyl said, "Totally worth it!"

The Tonight Show Starring Jimmy Fallon

It's looking like Trump could be impeached before Christmas, but if he behaves, Nancy will let Trump open one of his charges on Impeachment Eve.

Wal-Mart has apologized for selling a sweater that features Santa with cocaine — I guess that explains why Rudolph's nose is so red.

I read that the tube in London will now have first class cars where the rich can drink champagne and eat hors d'oeuvres. Meanwhile, on the New York subway, you can still play the fun game, "Is that man passed out or dead?"

Jimmy Kimmel Live

I have no problem with the president not working. In fact, that is what I want. I don't want him working. You know you're on a bad road trip when you're glad the driver fell asleep at the wheel. That's how I look at it.

Puzzle Solutions

Sudoku

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8	7	2	3	5	6	1	9	4
4	6	5	7	9	1	8	3	2
1	3	9	4	8	2	7	6	5
5	1	7	9	2	3	4	8	6
2	8	3	6	4	5	9	7	1
9	4	6	1	7	8	2	5	3
7	5	4	2	6	9	3	1	8
3	9	8	5	1	4	6	2	7
6	2	1	8	3	7	5	4	9

200105

Word Search

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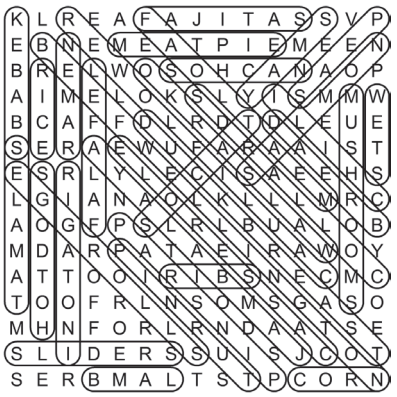

Crossword

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200105

Screen Scramble

Page 7

TREME

MONSTERS UNIVERSITY

INSIDE LLEWYN DAVIS

THE BIG LEBOWSKI

ROSEANNE

Answer: JOHN GOODMAN

Take 5

Page 7

T	H	A	N	K
H	A	D	E	R
I	N	D	I	E
N	O	E	L	S
G	I	R	L	S

STAR CHANNELS

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Star Advertiser

CABLE CONVERSION GUIDE

				Spect. Digital	HT	DISH	DTV
(2)	KHON	FOX	Honolulu	3	3	2	2
(4)	KITV	ABC	Honolulu	6	4	4	4
(9)	KHII	MNT	Honolulu	5	5	5	5
(5)	KGMB	CBS	Honolulu	7	7	9	9
(11)	KHET	PBS	Honolulu	10	11	11	11
(13)	KHNL	NBC	Honolulu	8	8	13	13
(14)	KWHE	LeSEA	Honolulu	11	14	14	-
(20)	KIKU	IND	Honolulu	9	20	20	20
(-)	KFVE	IND	Honolulu	22	13	-	-
(26)	KAAH	TBN	Honolulu	26	26	-	-
(32)	KBFD	IND	Honolulu	4	6	-	-
(44)	KWBN	Dstar	Honolulu		44	-	-
(46)	KHLU	UNI	Honolulu	35	-	-	-
(66)	KPXO	ION	Kaneohe	27	27	66	66
A&E	Arts and Entertainment			547	129	118	265
AHC	American Heroes Channel			345	137	195	287
AMC	American Movie Classics			600	159	131	254
ANPL	Animal Planet			329	107	184	282
BBCA	BBC America			341	135	135	264
BRAVO	Bravo			560	237	129	237
CNBC	Consumer News & Business			116	176	208	355
CNN	Cable News Network			113	172	200	202
COMEDY	Comedy Central			545	142	107	249
CSPAN	Cable & Satellite Public Affairs			45	61	210	350
CW	CW – KHON2			93	2	3	395
DISC	Discovery Channel			333	131	182	278
DISNEY	Disney Channel			444	98	173	291
E!	Entertainment Television			549	240	114	236
ESPN	Entertainment Sports Network			222	70	140	206
ESPN2	Entertainment Sports Network 2			224	74	144	209
FILI	The Filipino Channel			688	320	-	-
FNC	Fox News Channel			109	178	205	360
FOOD	Food Network			321	231	110	231
FREE	Freeform			442	122	180	311
FSW	Fox Sports West			226	-	-	692
FSPT	Fox Sports West Prime Ticket			228	-	-	-
FX	FX Network			554	124	136	248
GOLF	Golf Channel			216	86	401	218
HALL	Hallmark			452	128	185	312
HBO	Home Box Office			611	502	303	504
HBO2	Home Box Office 2			612	503	304	505
HGTV	Home and Garden Television			323	232	112	229
HISTORY	History Channel			327	133	120	269
KBS	Korean Broadcasting Service			80	-	-	-
LIFE	Lifetime			448	226	108	276
LMN	Lifetime Movie Network			449	227	109	253
MAX	Cinemax			622	515	311	516
MSNBC	News			107	175	209	356
NATGEO	National Geographic Channel			347	130	186	276
NGN	Nippon Golden Network			677	-	-	-
NICK	Nickelodeon			446	100	171	300
OC16	OC 16			12	-	-	-
OCSPT	OC Sports			16	89	-	-
OLELO53	Ōlelo Community Media 53			53	53	-	-
OLELO54	Ōlelo Community Media 54			54	54	-	-
OLELO55	Ōlelo Community Media 55			55	55	-	-
OWN	Oprah Winfrey Network			343	242	189	279
OXY	Oxygen			558	229	127	251
PARMT	Paramount Network			559	141	241	241
SHOW	Showtime			633	451	319	546
SYFY	Science Fiction			557	144	122	244
TBS	Turner Broadcasting System			551	121	139	247
TCM	Turner Classic Movies			602	157	132	256
TLC	TLC			331	132	183	280
TMC	The Movie Channel			644	467	329	554
TNT	Turner Network Television			553	125	138	245
TOON	Cartoon Network			440	103	177	297
TRAVEL	Travel Channel			325	139	196	277
TVLAND	TV Land			441	127	106	304
USA	USA Network			555	123	105	242
WE	Women's Entertainment			451	230	128	260

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6 Nights / 8 Days • 10 Meals (6B, 2L, 2D)
Tour #1: June 01 – 08, 2020[‡] — *Guar!*
Tour #2: June 03 – 10, 2020
Tour #3: June 05 – 12, 2020
Tour #4: June 07 – 14, 2020[‡] — *Guar!*

3-Levels of Comfort![†]

VISIT: Tokyo, Mt. Fuji, Hakone, Kyoto & Osaka

TOKYO EXPLORER PLUS NIKKO & KAWAGOE

6 Nights / 8 Days • 11 Meals (6B, 4L, 1D)
June 04 – 11, 2020
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HOKKAIDO YOSAKOI SORAN SUMMER FESTIVAL

9 Nights / 11 Days
22 Meals (9B, 6L, 7D)
June 04 – 14, 2020
VISIT: Shiraoi, Noboribetsu, Toya, Hakodate, Shikabe, Niseko, Otaru & Sapporo

NON-STOP TRAVEL HOKKAIDO EXCLUSIVES!
- **CRABS** — *Pick'em "LIVE" from the Tank!*
- **ICE CREAM MAKING** — *Unique Experience!*

BEST OF KYOTO, NARA & OSAKA

6 Nights / 8 Days • 10 Meals (6B, 3L, 1D)
June 06 – 13, 2020 • Dean & Annette Mizumura
VISIT: Kyoto, Arashiyama, Kameoka, Nara & Osaka

HOKKAIDO HIGHLIGHTS PLUS SHOPPING

5 Nights / 7 Days • 11 Meals (5B, 2L, 4D)
Tour #1: June 06 – 12, 2020
Tour #2: July 04 – 10, 2020 • Lori Lee
VISIT: Lake Shikotsu, Noboribetsu, Otaru & Sapporo

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9 Nights / 11 Days • 19 Meals (9B, 6L, 4D)
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HOKKAIDO LAVENDER HIGHLIGHTS

9 Nights / 11 Days • 24 Meals (9B, 7L, 8D)
Tour #1: July 07 – 17, 2020 • Annette Nishikawa
Tour #2: July 09 – 19, 2020 • Andy Lau
Tour #3: July 14 – 24, 2020 • Estrella Roznerski
Tour #4: July 16 – 26, 2020 • Lana Ige
VISIT: Lake Shikotsu, Noboribetsu, Otaru, Sapporo, Biei, Furano, Asahikawa, Sounkyo, Kitami, Abashiri, Lake Akan & Tokachigawa

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- **AOYAMA VILLA** — *Gourmet Kaiseki Dinner!*
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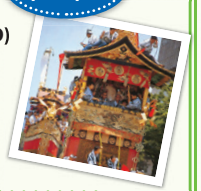
VISIT: Himeji, Kurashiki, Okayama, Hiroshima, Miyajima, Kyoto, Arashiyama, Kameoka & Nara



[†] Early Booking Discount is per person. Purchase of Non-Stop Travel's complete Air and Land package is required.

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GRAND CIRCLE KYUSHU PLUS SHOPPING

9 Nights / 11 Days • 18 Meals (9B, 4L, 5D)
June 14 – 24, 2020 • Geri Ichimura
VISIT: Fukuoka, Sasebo, Nagasaki, Kumamoto, Kagoshima, Ibusuki, Miyazaki & Beppu

GRAND CIRCLE SHIKOKU PLUS SHOPPING

9 Nights / 11 Days • 20 Meals (9B, 7L, 4D)
July 01 – 11, 2020 • Russell Fujioka
VISIT: Awajishima, Naruto, Takamatsu, Kochi, Ashizuri, Dogo, Matsuyama, Ehime, Okayama, Kurashiki & Osaka

NORTHERN KYUSHU, IWAKUNI & OSAKA GOURMET TOUR

10 Nights / 12 Days • 24 Meals (10B, 7L, 7D)
July 03 – 14, 2020 • Mildred Kimura
VISIT: Fukuoka, Sasebo, Nagasaki, Shimabara, Kumamoto, Beppu, Oita, Shimonoseki, Iwakuni, Suo Oshima, Hiroshima & Osaka

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