

TV Tonight

Best bets



Chris Noth stars in "The Good Wife" on CBS.

THE BIGGEST LOSER: As season nine begins, 22 contestants — 11 pairs of family members — equate to the heaviest cast in show history. Among them: Michael, who weighs 526 pounds, and his mother, Maria; and identical twins James and John, who together weigh nearly half a ton. The teams must face a strenuous bike challenge on their very first day, along with a startling announcement from host Alison Sweeney. **7 p.m. on KSDK KOMU**

NCIS: When a Navy pilot is found dead in a secluded area, the team must battle a no-nonsense attorney (guest star Rena Sofer) who is nursing a grudge against Gibbs (Mark Harmon). Marcus Giamatti, Chris Bruno and Melinda Page Hamilton guest star in the new episode "Ignition"; Michael Weatherly, David McCallum, Pauley Perrette and Sean Murray also star. **7 p.m. on KRCG**

THIS EMOTIONAL LIFE: Anger, fear, anxiety and despair are commonly seen as obstacles to happiness, but the episode "Facing Our Fears" points out that these "negative" emotions actually are a manifestation of the human brain's design for survival. That doesn't mean, however, that these emotions should run unchecked, and this hour explores coping mechanisms for when they spiral out of control. **8 p.m. on KMOS KETC**

THE GOOD WIFE: Alicia (Julianna Margulies) gets a new perspective about Peter's (Chris Noth) fall from grace when she represents Marie Browning (guest star Jessica Hecht), the wife of State's Attorney Glenn Childs (guest star Titus Welliver), in their divorce. Will (Josh Charles) gets cozy with his opposing counsel during a wrongful death suit against a TV commentator (guest star Craig Bierko) in the new episode "Infamy." **9 p.m. on KRCG**

TUESDAY JANUARY 5, 2010 PRIME-TIME PLUS

| Ch | Time | 6:00 | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 1:00 | 1:30 | | |
|-----------|------|----------------------------|------------------|---|------|------|------|-------------------------|------|--|--|---|--|---|---|---|--|--|---------------------------|
| KSDK | 5 | Newschannel 5 at Six (N) o | Wheel of Fortune | The Biggest Loser (Season Premiere) Strenuous bike challenge. (N) o | | | | The Jay Leno Show (N) o | | Newschannel 5 at Ten (N) | (:35) The Tonight Show With Conan O'Brien (N) o | (:37) Late Night With Jimmy Fallon o | (:37) Late Night With Jimmy Fallon o | Last Call With Carson Daly | (:05) Paid Program | (:35) Oprah Winfrey | | | |
| KMOS | 6 | PBS NewsHour (N) o | Wheel of Fortune | Nova The sinking of the USS Arizona. (N) o | | | | The Jay Leno Show (N) o | | Tavis Smiley | Nightly Business Report | Charlie Rose (N) o | This Emotional Despair. (N) o | Life "Facing Our Fears" Anger, fear, anxiety and despair. (N) o | | | | | |
| KOMU | 8-1 | 7 | 8 | 7 | | | | | | News (N) o | (:35) The Tonight Show With Conan O'Brien (N) o | (:37) Late Night With Jimmy Fallon o | Last Call With Carson Daly | (:05) The Insider o | (:35) Access Hollywood | | | | |
| KETC | 9 | 384 | - | - | | | | | | Globe Trekker o | (DVS) | BBC World News | Charlie Rose (N) o | Tavis Smiley | Antiques Roadshow Arts & Crafts desk and lamp. | | | | |
| KRCG | 12 | 380 | 13 | 13 | | | | | | KRCG News Nightside (N) | (:35) Late Show With David Letterman (N) o | (:37) The Late Late Show With Craig Ferguson o | (:37) Extra (N) o | (:07) Up to the Minute (N) o | | | | | |
| KMLZ | 17-1 | 10 | 386 | 17 | 12 | | | | | News (N) o | (:35) Nightline (N) o | (:06) Jimmy Kimmel Live o | (12:06) Paid Program | (:36) Paid Program | (:06) Paid Program | (:36) Paid Program | | | |
| KNLJ | 20 | - | 25 | 10 | | | | | | Jack Van Impe Presents | Bloodstream | You and Me With Richard Dortch. | | | | | | | |
| KQFV | 22 | 11 | 388 | 2 | 11 | | | | | College Football Postgame | ABC 17 News at 9:00 | Two and a Half Men o | Seinfeld "The Butter Shave" | Seinfeld "The Rye" | RENO 911! "Cop School" | | | | |
| KZOU | 17-3 | 14 | - | 32 | 3 | | | | | Family Guy o | Family Guy o | Smarter Than a 5th Grader? | Smarter Than a 5th Grader? | Deal or No Deal o | Deal or No Deal o | Friends o | Friends o | | |
| CW | 8-3 | 5 | - | 251 | 5 | | | | | That '70s Show | That '70s Show | 90210 "The Porn King" o | Melrose Place "Vine" o | Married... With Children o | Married... With Children o | Roseanne o | Roseanne o | | |
| A&E | 41 | 265 | 118 | 55 | | | | | | Criminal Minds "True Night" | Criminal Minds o | Psychic Kids: Paranormal | Paranormal | Paranormal | Paranormal | Paranormal | Paranormal | Paranormal | |
| BBC Am. | 162 | 264 | 135 | 114 | | | | | | BBC World News America | Britain's Missing Top Model | Last Restaurant Standing | BBC World News America | Britain's Missing Top Model | Last Restaurant Standing | Real Housewives OC | Com. Presents | Com. Presents | |
| Bravo | 68 | 273 | 129 | 28 | | | | | | Tabatha's Salon Takeover | Tabatha's Salon Takeover | Tabatha's Salon Takeover | Tabatha's Salon Takeover | Tabatha's Salon Takeover | Real Housewives OC | Com. Presents | Com. Presents | Com. Presents | |
| Comedy | 54 | 249 | 107 | 63 | | | | | | Daily Show | Colbert Report | South Park | South Park | Futurama o | Daily Show | Colbert Report | Com. Presents | Com. Presents | |
| El Ent. | 55 | 236 | 114 | 62 | | | | | | El News (N) | The Daily 10 | Giuliana & Bill | Giuliana & Bill | Chelsee Lat | Chelsee-Bloop | The Soup | Kardashian | Chelsee Lat | |
| Food | 52 | 231 | 110 | 35 | | | | | | Challenge Art. | Ace of Cakes | Ace of Cakes | Unwrapped | Best Thing | Chopped "Flower Power" (N) | Good Eats | Unwrapped | Unwrapped | |
| FX | 37 | 248 | 137 | 59 | | | | | | ** "SNAKES ON A PLANE" | Movie: ** "THE FAST AND THE FURIOUS" | (2011, Action) | Movie: ** "WRONG TURN" | (2003) Desmond Harrington. | Movie: ** "WRONG TURN" | (2003) Desmond Harrington. | Good Eats | Unwrapped | |
| GSN | 161 | 309 | 116 | 68 | | | | | | Deal or No Deal o | Family Feud | Newlywed | Catch 21 | 1 vs. 100 o | Be a Millionaire | Jeopardy! | Hollywood Sq. | \$100,000 Pyr. | |
| Lifetime | 29 | 252 | 108 | 25 | | | | | | Grey's Anatomy o | Grey's Anatomy o | Movie: ** "LUCKY 7" | (2003) Kimberly Williams-Paisley. | Will & Grace | Will & Grace | Frasier | Medium o | Medium o | |
| Oxygen | 66 | 251 | 127 | 34 | | | | | | The Bad Girls Club | The Bad Girls Club | The Bad Girls Club | The Bad Girls Club | The Bad Girls Club | The Tyra Show o | The Bad Girls Club | The Bad Girls Club | | |
| SPIKE | 60 | 325 | 168 | 66 | | | | | | UFC Unleashed o | UFC Unleashed o | MANswers o | MANswers o | MANswers o | MANswers o | DEA "Deep Cover" o | CSI: Crime Scene Invstgtn. | Star Trek: Voyager | |
| SYFY | 67 | 244 | 122 | 60 | | | | | | Star Trek: Next Gener. | Star Trek: Next Gener. | Star Trek: Next Gener. | Star Trek: Next Gener. | ECW (Live) | Movie: ** "H.G. WELLS' WAR OF THE WORLDS" | (2005) | Highlander "Unholy Alliance" | The X-Files "Demons" | |
| TBS | 46 | 247 | 139 | 57 | | | | | | Name Is Earl | Name Is Earl | The Office o | The Office o | The Office o | The Office o | Lopez Tonight | Seinfeld o | Seinfeld o | |
| Telemun | 40 | - | 825 | - | | | | | | 12 Corazones | Más Sabe el Diabolo | Niños Ricos Pobres Padres | Victorios | Noti-Telemundo/Decisiones | Decisiones | Pagado | Pagado | EMPRESA | |
| TNT | 38 | 245 | 138 | 56 | | | | | | Bones o | Bones o | Law & Order "Promote This!" | Law & Order "Lost Boys" o | CSI: NY "The Triangle" o | CSI: NY "Forbidden Fruit" o | NUMB3RS "Chinese Box" o | Cold Case "It's Raining Men" | Murder by the Book | |
| Tru TV | 36 | 203 | 204 | 39 | | | | | | Oper. Repo | Operate-Repo | Oper. Repo | Operate-Repo | Disorder in the Court 6 | Forensic Files | Forensic Files | Forensic Files | Forensic Files | |
| USA | 62 | 242 | 105 | 58 | | | | | | Law & Order: SVU | Law & Order: SVU | Law & Order: SVU | Law & Order: SVU | Law & Order: SVU | Law & Order: SVU | Law & Order: Criminal Intent | Movie: "VERONICA GUERIN" | | |
| WGN-A | 15 | - | 239 | 4 | | | | | | Funniest Home Videos | Movie: ** "A SIMPLE WISH" | (1997) Martin Short. o | WGN News at Nine (N) o | Scrubs o | Scrubs o | South Park | South Park | Star Trek: Next Gener. | |
| CNBC | 35 | 355 | 208 | 49 | | | | | | Kudlow Report (Live) | Inside the Mind of Google | Biography on CNBC | MacHEADS (N) | Mad Money | Inside the Mind of Google | MacHEADS | Anderson Cooper 360 | Anderson Cooper 360 | |
| CNN | 42 | 320 | 200 | 43 | | | | | | CNN Tonight (N) | Campbell Brown (N) | Larry King Live (N) o | Anderson Cooper 360 | Anderson Cooper 360 | Anderson Cooper 360 | Anderson Cooper 360 | Anderson Cooper 360 | Anderson Cooper 360 | |
| CSPAN | 18 | 350 | 210 | 14 | | | | | | House of Representatives | Tonight From Washington | Hannity (N) | On the Record-Van Susteren | The O'Reilly Factor | Hannity | On the Record-Van Susteren | Glenn Beck | Glenn Beck | |
| FNC | 33 | - | - | 47 | | | | | | FOX Report/Shepard Smith | The O'Reilly Factor (N) o | Hannity (N) | On the Record-Van Susteren | The O'Reilly Factor | Hannity | On the Record-Van Susteren | Glenn Beck | Glenn Beck | |
| MSNBC | 34 | 356 | 209 | 24 | | | | | | Hardball | Countdown-Olbermann | The Rachel Maddow Show (N) | Countdown-Olbermann | The Rachel Maddow Show | Hardball | Countdown-Olbermann | The Rachel Maddow Show | The Rachel Maddow Show | |
| ESPN | 30 | 206 | 140 | 31 | | | | | | College Basketball Teams TBA. (Live) | Homecoming With Rick Reilly | SportsNation | SportsCenter (Live) o | Football Live | NFL Live (N) | SportsCenter (Live) o | SportsCenter (Live) o | SportsCenter (Live) o | |
| ESPN 2 | 31 | 209 | 144 | 32 | | | | | | College Basketball Teams TBA. (Live) | NBA Coast-to-Coast (Live) o | Homecoming With Rick Reilly | Fastbreak | SportsNation | Winter X-Games | Classix (N) | Wtr. X-Games | Wtr. X-Games | |
| Fox M.W. | 32 | 647 | 418 | 27 | | | | | | Profiles | Women's College Basketball | Xavier at Missouri. (Live) | College Football Allstate Sugar Bowl - Cincinnati vs. Florida. | Final Score | Brian Billick | Halls of Fame | World Poker Tour: Season 7 | Final Score | |
| Golf | 165 | 605 | 401 | 37 | | | | | | Golf Videos | Inside PGA | SBS Championship Highlights | Destination | Top 10 | Big Break: Mesquite | Golf Central | Inside PGA | Destination | |
| Speed | 408 | 607 | 150 | 36 | | | | | | Pass Time | Pass Time | Monster Jam (N) | Super Bikes! | Super Bikes! | Dangerous Drives | Pass Time | Pass Time | Monster Jam | |
| Outdr. Ch | 406 | - | 153 | 141 | | | | | | Zumbo Outdr. The World | Dream Season Truth-Hunting | Hunting | Obsession | Wildlife | Full Frame | Hunting TV | Mossy Oak | Truth-Hunting | |
| VS. | 404 | 608 | 151 | 124 | | | | | | WEC WrekCage | NHL Hockey Minnesota Wild at Chicago Blackhawks. (Subject to Blackout) | Hockey | Sports Soup | Dakar High. | WEC WrekCage | Sports Soup | Dakar High. | WEC WrekCage | |
| BET | 56 | 329 | 124 | 38 | | | | | | 106 & Park: Top 10 Live | "DON'T BE A MENACE TO SOUTH CENTRAL" | Monica: Still | Monica: Still | The Mo'Nique Show | The Wendy Williams Show o | Movie: ** "DOUBLE TAKE" | (2001, Comedy) Eddie Griffin. | | |
| CMTV | 59 | 327 | 166 | 67 | | | | | | Smarter | Smarter | Movie: ** "RUDY" | (1993, Drama) Sean Astin, Ned Beatty. o | Movie: ** "RUDY" | (1993, Drama) Sean Astin, Ned Beatty. o | Cribs o | Cribs o | Cribs o | |
| MTV | 57 | 331 | 160 | 64 | | | | | | Sucker Free o | MTV Special o | MTV Special o | MTV Special o | MTV Special o | MTV Special o | MTV Special o | MTV Special o | MTV Special o | |
| VH-1 | 58 | 335 | 162 | 65 | | | | | | Tough Love | Aspen | For the Love of Ray J o | I Want to Work for Diddy o | Frank the Entertainer | Fabulous Life of... o | Tough Love | Financial abilities. | For the Love of Ray J o | |
| Animal | 49 | 282 | 184 | 30 | | | | | | Untamed and Uncut o | Weird, True | Weird, True | Wild Recon "Alien Invasion" | Maneaters "Sharks" o | Wild Recon "Alien Invasion" | Weird, True | Weird, True | Maneaters "Sharks" o | |
| Cartoon | 47 | 296 | 176 | 50 | | | | | | Johnny Test | Johnny Test | Ed, Edd | Ed, Edd | Teen Titans | King of Hill | King of Hill | Family Guy o | Family Guy o | |
| Discovery | 70 | 278 | 182 | 51 | | | | | | Dirty Jobs | Wine making. o | Dirty Jobs o | Dirty Jobs o | Howe & Howe Tech o | Dirty Jobs o | Howe & Howe Tech o | Dirty Jobs o | Dirty Jobs o | |
| Disney | 64 | 290 | 172 | 48 | | | | | | Wizards-Place | Han. Montana | Movie: ** "THE THIRTEENTH YEAR" | o | Phineas Ferb | Phineas Ferb | Han. Montana | Wizards-Place | Suite Life | |
| Family | 45 | 311 | 180 | 42 | | | | | | Funniest Home Videos | Funniest Home Videos | Funniest Home Videos | Funniest Home Videos | The 700 Club | Secret Life of American Teen | Paid Program | Total Gym | Paid Program | |
| Fit TV | 222 | 368 | - | - | | | | | | Cardio Blast o | Shimmy | Shimmy | neat o | neat o | National Body Challenge 2 | Shimmy | Shimmy | neat o | |
| Hallmark | 65 | 312 | - | 33 | | | | | | M*A*S*H | M*A*S*H | Touched by an Angel | "Restoration" o | Touched by an Angel | "Finger of God" o | The Empty Chair | The Golden Girls o | The Golden Girls o | |
| HBO Fam. | 554 | 507 | 305 | 503 | | | | | | Movie: ** "THE TIME MACHINE" | (2002) o | (:45) Movie: ** "MR. BASEBALL" | (1992) Tom Selleck. o | Movie: ** "SGT. PEPPER'S LONELY HEARTS CLUB BAND" | Lifestories | Movie: ** "THE GUYVER" | (1992) o | Middle School | |
| HGTV | 53 | 229 | 112 | 54 | | | | | | House Hunt. | House | My First Place | My First Place | House Hunt | Bang, Buck | House Hunt | House | Property | |
| History | 69 | 269 | 120 | 52 | | | | | | Modern Marvels | After Armageddon | Survived disasters of the past. (N) o | Life After People | Life After People | Life After People | (:01) After Armageddon | Survived disasters of the past. o | (:01) Life After People | |
| ION | 19 | 255 | 181 | - | | | | | | Ghost Whisperer "Slow Burn" | Ghost Whisperer o | Criminal Minds o | Criminal Minds o | Criminal Minds "Damaged" | Paid Program | Paid Program | Pastor Melissa Scott o | Inspiration Ministry | |
| Learning | 50 | 280 | 183 | 53 | | | | | | Little Couple | Little Couple | Cake Boss o | Cake Boss o | Happy Family | Happy Family | Little Couple | Little Couple | Little Couple | |
| Nickel. | 48 | 299 | 170 | 46 | | | | | | Carly | SpongeBob | Malcolm-Mid. | Malcolm-Mid. | Hates Chris | Hates Chris | George Lopez | George Lopez | George Lopez | |
| NKJR | 120 | 298 | 169 | 100 | | | | | | Dora-Explorer | Go, Diego, Go! | Backyard | Wonder Pets | Wow Wow | Olivia | Ni Hao | Yo Gabba | Upside Down | |
| Travel | 51 | 233 | 215 | 26 | | | | | | Best Places to Pig Out | Food Wars: Barbecue | 101 Chowdown Countdown | Man v. Food | Man v. Food | Pizza Wars: NY vs. Chicago | Food Wars: Barbecue | 101 Chowdown Countdown | Man v. Food | |
| AMC | 61 | 254 | 130 | 61 | | | | | | (:43:00) "THE LEAGUE OF EXTRAORDINARY GENTLEMEN" | Movie: ** "PITCH BLACK" | (2000, Science Fiction) Radha Mitchell, Vin Diesel. Premiere. Vicious creatures stalk the survivors of a spaceship crash. | Movie: ** "TERMINATOR 2: JUDGMENT DAY" | (1991, Science Fiction) Arnold Schwarzenegger, Linda Hamilton. Cyborgs battle over a youth who holds the key to the future. o | Movie: ** "PITCH BLACK" | (2000, Science Fiction) Radha Mitchell, Vin Diesel. | | | |
| Cinemax | 575 | 512 | 310 | 550 | | | | | | (:5:30) Movie: ** "WELCOME HOME ROSCOE JENKINS" | (2008) Martin Lawrence. o | Movie: ** "JUMPER" | (2008, Science Fiction) Hayden Christensen, Jamie Bell. o | Movie: ** "TRAINING DAY" | (2001) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer. o | (:05) Movie: "COUGAR SCHOOL" | (2009, Adult) Michelle Maylene, Sydnee Steele. o | Movie: ** "WELCOME HOME ROSCOE JENKINS" | (2008) Martin Lawrence. o |
| Encore | 517 | 526 | 340 | 750 | | | | | | (:5:30) "DARKNESS FALLS" | Movie: ** "THE MIGHTY DUCKS" | (1992) Emilio Estevez. o | (8:50) Movie: ** "THE ROOKIE" | (2002) Dennis Quaid. o | Movie: ** "ROCKY III" | (1982) o | (:45) Movie: ** "MADE OF HONOR" | (2008) | |
| HBO | 550 | 501 | 300 | 500 | | | | | | Movie: ** "HELLBOY II: THE GOLDEN ARMY" | (2008, Action) Ron Perlman, Selma Blair, Doug Jones. o | Movie: ** "THE SOLOIST" | (2009, Drama) Jamie Foxx. Mental illness hampers a Skid Row musician's dreams. o | Will Ferrell: You're Welcome America. A Final Night With George W. Bush o | (:35) Movie: ** "ROCK STAR" | (2001) Mark Wahlberg. A singer lands a gig with his heavy-metal heroes. o | (:25) Movie: ** "UNKNOWN" | | |
| HBO Plus | 552 | 502 | 301 | 501 | | | | | | (:5:00) Movie: ** "REVOLUTIONARY ROAD" | Big Love "Block Party" o | Big Love Bill and his family try group-dating with Ana. o | Movie: ** "10,000 B.C." | (2008) Steven Strait. A prehistoric man must save his beloved from evil warlords. o | (10:55) Movie: ** "TAKEN" | (2009, Action) Liam Neeson, Maggie Grace. o | Movie: ** "ROGUE" | (2007, Horror) Radha Mitchell, Michael Vartan. o | |
| HBO Sig. | 556 | 503 | 302 | 502 | | | | | | (:15) Movie: ** "MAX PAYNE" | (2008) Mark Wahlberg. o | Movie: ** "CHANGELING" | (2008, Drama) Angelina Jolie. o | Movie: "I COULD NEVER BE YOUR WOMAN" | (12:10) Movie: ** "LOVE FIELD" | (1992) Michelle Pfeiffer. o | | | |
| Ind. Film | 503 | - | | | | | | | | | | | | | | | | | |