



## OWN: OPRAH WINFREY NETWORK OCTOBER 2013 HIGHLIGHTS

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### CONTINUING SERIES (New Episodes)

(P) Denotes: Premieres

#### **OPRAH'S LIFECLASS (60 Minutes)**

**Sundays (9 p.m. - 10 p.m. ET/PT)**

The Emmy Award-winning series "Oprah's Lifeclass" is a richly interactive worldwide social experience where millions of students participate in inspiring conversations with Oprah Winfrey on-air, online and via social media. For each class, Oprah is joined by a hand-picked expert, and together they interact with viewers to share principles and tools that can help people live more meaningful and fulfilling lives.

***(P) Sunday, October 6 (9 p.m. - 10 p.m. ET/PT) Episode: Brené Brown: Living Bravely***

Oprah is joined in the social lab by Dr. Brené Brown, *New York Times* bestselling author and University of Houston graduate professor, as they discuss living bravely by acknowledging the various forms of self-protecting armor we wear and how to break away to live a more full life.

#### **OPRAH'S NEXT CHAPTER (60 Minutes)**

**Sundays (9 p.m. - 10 p.m. ET/PT)**

"Oprah's Next Chapter" is the award-winning primetime series featuring Oprah Winfrey as she steps outside of the studio for riveting, enlightening and in-depth conversations with newsmakers, celebrities, thought leaders and real-life families.

***(P) Sunday, October 13 (9 p.m. - 10 p.m. ET/PT) Episode: Robin Thicke***

Oprah sits down with R&B pop singer Robin Thicke to discuss the year's #1 summer hit "Blurred Lines" and the controversy surrounding his VMA performance with Miley Cyrus. Robin also opens up about fatherhood and his marriage to actress Paula Patton.

***(P) Sunday, October 20 (9 p.m. - 10 p.m. ET/PT) Episode: Arsenio Hall***

Oprah catches up with late-night talk show host Arsenio Hall for an in-depth conversation about his return to late-night TV after nearly 20 years. He also discusses how his comedy was shaped by his Baptist minister father and being a hands on single dad.

**SUPER SOUL SUNDAY (60 Minutes)**

**Sundays (11 a.m.-12 p.m. ET/PT)**

The Emmy Award-winning series "Super Soul Sunday" delivers a thought-provoking, eye-opening and inspiring block of programming designed to help viewers awaken to their best selves and discover a deeper connection to the world around them. Home to Oprah's Book Club 2.0, "Super Soul Sunday" features exclusive interviews and all-new conversations between Oprah Winfrey and top thinkers, authors, filmmakers and spiritual leaders. Exploring themes and issues including happiness, personal fulfillment, wellness, spirituality and conscious living, "Super Soul Sunday" presents an array of perspectives on what it means to be alive in today's world.

***(P) Sunday, October 6 (11 a.m. - 12 p.m. ET/PT) Episode: Oprah & Swimming Champion Diana Nyad: The Power of the Human Spirit***

Oprah interviews Diana Nyad who at 64 years old inspired the world when she became the first person to swim from Cuba to Florida without a shark cage. Nyad talks about how she achieved this feat of athleticism, will and spirit.

***(P) Sunday, October 13 (11 a.m. - 12 p.m. ET/PT) Episode: Oprah & Swimming Champion Diana Nyad Part 2: Dare to Dream***

Oprah's conversation continues with world champion marathon swimmer, Diana Nyad, as she shares the spiritual lessons realized from dreaming big, achieving the impossible and finding joy in the face of skepticism.

***(P) Sunday, October 20 (11 a.m. - 12 p.m. ET/PT) Episode: Oprah & Bestselling Author Dani Shapiro: Finding Devotion***

Oprah sits down with bestselling author Dani Shapiro to discuss one of life's biggest questions: *what do you believe?* Shapiro shares her path to discovering a deeper, fuller, more joyful life.

***(P) Sunday, October 27 (11 a.m. - 12 p.m. ET/PT) Episode: Oprah & Bestselling Author Anne Lamott: The Three Essential Prayers***

Beloved *New York Times* bestselling author of "Help Thanks Wow: The Three Essential Prayers," "Operating Instructions," and "Bird by Bird," Anne Lamott joins Oprah in Maui to talk about the three types of prayer that can help anyone through challenging times.

## **HOME MADE SIMPLE (30 Minutes)**

**Season premiere Saturday, October 19 with two back-to-back episodes (9 a.m. - 9:30 a.m. ET/PT and 9:30 a.m. - 10 a.m. ET/PT)**

Whether giving a room a much-needed revamp, planning and pulling off a major family event, or throwing a party to remember, "Home Made Simple" pairs a deserving family with a team of professionals who help identify and facilitate practical and affordable solutions to transform household projects into completed successes. In addition to time, money and space-saving tips, participants and viewers alike are exposed to current decorating trends, creative party planning, recipe ideas for entertaining and easy to complete craft projects. Hosted by Soleil Moon Frye ("Punky Brewster").

### ***(P) Saturday, October 19 (9 a.m. – 9:30 a.m. ET/PT) Episode: Double Office Do Over***

Powerhouse work-from-home parents need an office intervention. Host Soleil Moon Frye and her team of experts take on their cluttered offices and with each spouse's help, create an organized and efficient workspace perfect for this busy duo.

### ***(P) Saturday, October 19 (9:30 a.m. – 10 a.m. ET/PT) Episode: Big Boy Bedroom***

A guest room turns into a big boy bedroom fit for a king with vintage denim design, trendsetting curtains and a chic stripe design. Also, host Soleil Moon Frye takes a celeb chef shopping in the family's garden for farm fresh dinner ideas.

### ***(P) Saturday, October 26 (9 a.m. – 9:30 a.m. ET/PT) Episode: Outdoor Double Duty Design***

Host Soleil Moon Frye and the team bring function and fun to a woman on a mission to provide for foster children. It's a patio takeover when the team reinvents new uses for repurposing shelving, planters and more.

## **WELCOME TO SWEETIE PIE'S (60 Minutes)**

**Saturdays (9 p.m. - 10 p.m. ET/PT)**

When Robbie Montgomery, a 1960s backup singer and former Ikettes, suffered a collapsed lung and had to stop singing, she decided to pour her talents into another creative venture: a soul food restaurant called Sweetie Pie's. At her family-centered eateries, which include Sweetie Pie's at the Mangrove, Sweetie Pie's Upper Crust and the original Sweetie Pie's established in 1996, which Miss Robbie runs with her son, Tim, both hilarity and drama are offered in equal measure. This docu-series follows the loud, loving and often singing Montgomery family as they work to expand their empire, one soulful dish at a time.

***(P) Saturday, October 5 (9 p.m. - 10 p.m. ET/PT) Episode: Do the Sweetie Pie!***

It's TJ's 2nd birthday and while Jenae plans his party, Tim schemes to turn his mom, Miss Robbie, into a music video star. Meanwhile, with the deadline for the cookbook approaching, Charles feebly attempts to give Miss Robbie a computer tutorial.

***(P) Saturday, October 12 (9 p.m. - 10 p.m. ET/PT) Episode: First Time for Everything***

As construction on the West Florissant restaurant finally gets underway, Tim and Miss Robbie feel the heat of the reopening deadline. Charles decides to take an acting class to pursue his dream, while Jenae struggles with letting go of TJ on his first day of daycare.

***(P) Saturday, October 19 (9 p.m. - 10 p.m. ET/PT) Episode: Managing Expectations***

As construction on the West Florissant restaurant continues, Miss Robbie pairs her niece Michelle with her sister Jan to co-manage, and they immediately start to butt heads. Meanwhile, a broken down delivery car interferes with Charles' rehearsal time for his big acting showcase.

**SIX LITTLE MCGHEES (30 Minutes)**

**Saturdays (10 p.m. - 10:30 p.m. and 10:30 p.m. - 11 p.m. ET/PT)**

When Mia and Rozonno became parents to Columbus, Ohio's first sextuplets, no amount of books or advice could have prepared them for life with multiples. Their close family and friend helpers made the infant years easier to manage, but as the children grow so will Mia and Rozonno's parenting skills. The helpers won't be around forever, and these parents are determined to become less dependent on their support team. With potty training and many other milestones soon on the way, and the task of managing a thriving business, Mia and Rozonno are bracing for all the excitement and chaos of doing it on their own. In this brand new season, the kids suit up for swimming lessons and their first camping trip, while Mia and Rozonno work to find time for each other in the midst of all the happy chaos. With the terrible two's in full swing, the toddler trouble continues.

***(P) Saturday, October 5 (10 p.m. - 10:30 p.m. ET/PT) Episode: Growing Pains***

The sextuplets have outgrown their toddler beds and are tearing them apart, but buying six new beds is no small task for Ro and Mia. It's also time for the girls' first hair salon visit and Mia is worried about a McGhee meltdown once they get in the chairs.

***(P) Saturday, October 5 (10:30 p.m. - 11 p.m. ET/PT) Episode: No Meat, No Mercy***

When Mia and Ro acknowledge their inability to get healthy on their own, they call a personal trainer who puts them on an exercise plan and vegetarian diet. Between raising six kids and Ro's love of food, their willpower to stay on track is tested.

***(P) Saturday, October 12 (10 p.m. - 10:30 p.m. ET/PT) Episode: McGhees in Tiaras***

Mia decides to enter her daughters into a beauty pageant and finds herself in hot water when she keeps it a secret from Ro. Once at the pageant, it's a race against the clock and battle of patience for Mia and her helpers to get them ready for show time.

***(P) Saturday, October 12 (10:30 p.m. - 11 p.m. ET/PT) Episode: Abra-Ca-Dentist***

Now that the kids have all or most of their teeth, it's time for their first trip to the dentist. Getting six toddlers' teeth checked is challenging enough, but it's husband Ro who may end up kicking and screaming when he gets in the dentist chair.

***(P) Saturday, October 19 (10 p.m. - 10:30 p.m. ET/PT) Episode: No More Funny Business***

Mia and Ro realize the company website is in need of a serious branding overhaul, involving a radio jingle, professional photo-shoot and website redesign. Meanwhile, potty training continues to be a challenge and Mia seeks out advice.

***(P) Saturday, October 19 (10:30 p.m. - 11 p.m. ET/PT) Episode: Gone Fishing...For Trouble***

Ro and Mia decide to take a family vacation to a cabin in the country. Tensions mount when the men decide to separate from the women, and the trip may end quicker than they thought.

***(P) Saturday, October 26 (10 p.m. - 10:30 p.m. ET/PT) Episode: Gone Fishing...For Trouble: Part 2***

Tensions fly high during a McGhee family camping trip when the group divides amongst gender lines. After a heated argument, Mia decides to gather up her Six Little McGhees and head home without Ro unless things change fast.

***(P) Saturday, October 26 (10:30 p.m. - 11 p.m. ET/PT) Episode: Banking on the Future***

Mia and Ro are at odds over planning their family's future. Ro wants to invest back in the business and buy a new van, but Mia is ready to find their dream house while the kids are still young. Both have loving intentions, but only one choice can be made.

## **FOR BETTER OR WORSE (30 Minutes)**

**Wednesdays (9 - 9:30 p.m. and 9:30 - 10 p.m. ET/PT)**

Written, directed, executive produced and created by Tyler Perry, "For Better or Worse" centers on successful salon owner Angela Williams (Tasha Smith, "Why Did I Get Married?," "Why Did I Get Married Too?," "Couples Retreat") and her husband of 13 years, former professional football player Marcus (Michael Jai White, "Why Did I Get Married?," "Why Did I Get Married Too?," "Spawn"). Marcus is partnered with Richard Ellington (Kent Faulcon, "American Beauty") and Joseph Jetson (Jason Olive, "Raising Helen") on a new sports news program called "C-Sports Now." Marcus' business relationship with Richard and Joseph is complicated, however, by the fact that Richard is married to Keisha (Kiki Haynes, "Nora's Hair Salon"), Marcus's ex-girlfriend and the mother of his teenage daughter. In addition, Joseph's ex-girlfriend, successful real estate agent Leslie Norris (Crystle Stewart, Miss USA 2008), is Angela's best friend. More often than not, the friends and couples find it impossible to keep their business and private lives from mingling.

### ***(P) Wednesday, October 2 (9 p.m. - 9:30 p.m. ET/PT) Episode: Leslie Christian***

Joseph (Jason Olive) gets a phone call from a woman named "Leslie Christian" that causes him to have a meltdown. Also, Chris (Eddie Cibrian) decides that he and Leslie (Crystle Stewart) need some time apart.

### ***(P) Wednesday, October 2 (9:30 p.m. - 10 p.m. ET/PT) Episode: Joseph***

Leslie (Crystle Stewart) returns from her honeymoon horribly distressed. As she was getting ready to consummate her marriage to Chris (Eddie Cibrian), she accidentally called him Joseph (Jason Olive.)

### ***(P) Wednesday, October 9 (9 p.m. - 9:30 p.m. ET/PT) Episode: Back Down Memory Lane***

Angela (Tasha Smith) tries to play a memory game with Marcus (Michael Jai White) to see if he remembers the good times about their relationship.

### ***(P) Wednesday, October 9 (9:30 p.m. - 10 p.m. ET/PT) Episode: The Stalker***

Joseph (Jason Olive) gets a hold of one of Leslie's (Crystle Stewart) old calendars and begins to stalk her.

### ***(P) Wednesday, October 16 (9 p.m. - 9:30 p.m. ET/PT) Episode: House for Sale***

While Leslie (Crystle Stewart) is preparing to show a house to a potential client, she is shocked to find out that client is actually Joseph (Jason Olive.)

### ***(P) Wednesday, October 16 (9:30 p.m. - 10 p.m. ET/PT) Episode: The Kiss***

Leslie (Crystle Stewart) reveals to Angela (Tasha Smith) and Jennifer (Cocoa Brown) that she kissed Joseph (Jason Olive), and may still be in love with him.

***(P) Wednesday, October 23 (9 p.m. - 9:30 p.m. ET/PT) Episode: Maybe We Made a Mistake***

Leslie (Crystle Stewart) believes that Chris (Eddie Cibrian) wants to have their marriage annulled when he invites her to dinner to “talk.”

***(P) Wednesday, October 23 (9:30 p.m. - 10 p.m. ET/PT) Episode: Annulled***

Leslie (Crystle Stewart) discovers Keisha (Kiki Haynes) plotting with a divorce attorney while Leslie gets her marriage officially annulled.

***(P) Wednesday, October 30 (9 p.m. - 9:30 p.m. ET/PT) Episode: The Beauty Pageant***

Todd (Brad James) decides to start a Miss C-Sports Now Pageant at the studio to help get Joseph’s (Jason Olive) mind off of Leslie (Crystle Stewart).

***(P) Wednesday, October 30 (9:30 p.m. - 10 p.m. ET/PT) Episode: Trouble in Paradise***

In a ploy to get Angela (Tasha Smith) to shut down the Miss C-Sports Now Pageant, Keisha (Kiki Haynes) tells Angela that Marcus (Michael Jai White) and the guys have several women over at C-Sports Now.

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*Oprah’s Next Chapter, Six Little McGhees*