

| THURSDAY EVENING |       |                                                                                     |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       |                                                                                                | A - Charter Astoria/ Seaside - L - Charter Long Beach                         |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  | JANUARY 30 |  |  |  |
|------------------|-------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------|---------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------|-------------------|-------------------|-----------------|-------------------|--|--|--|--|--|--|--|--|------------|--|--|--|
| A                | L     | 6 PM                                                                                | 6:30                                                                                        | 7 PM                                                               | 7:30                                               | 8 PM                                                                                 | 8:30                                           | 9 PM                                   | 9:30                                        | 10 PM                                 | 10:30                                 | 11 PM                                 | 11:30                                                                                          |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 2                | KATU  | (2) KATU News at 6:00 p.m. (N)                                                      |                                                                                             | Jeopardy! (N)                                                      | Wheel Fortune (N)                                  | Station 19 "Indoor Fireworks" (N)                                                    | Grey's A. "A Hard Pill to Swallow" (N)         | Little Things "We're the Howards" (N)  | News (N)                                    | (3:35) Jimmy Kimmel                   |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 3                | KOMO  | (4) KOMO 4 News at 6:00 p.m. (N)                                                    |                                                                                             | Wheel Fortune (N)                                                  | Jeopardy! (N)                                      | Station 19 "Indoor Fireworks" (N)                                                    | Grey's A. "A Hard Pill to Swallow" (N)         | Little Things "We're the Howards" (N)  | KOMO4News (N)                               | (3:35) Jimmy Kimmel                   |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 4                | KING  | (5) NBC News (N)                                                                    | KING 5 News (N)                                                                             | KING 5 News (N)                                                    | Evening                                            | Superstore (N)                                                                       | The Good Place "Whenever You're Ready" (F) (N) | SVU "The Longest Night of Rain" (N)    | KING 5 News (N)                             | (3:35) Tonight Show                   |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 5                | KOIN  | (6) KOIN Local 6 (N)                                                                | Evening News (N)                                                                            | Extra (N)                                                          | Ent. Tonight                                       | Young Sheldon (N)                                                                    | The Unicorn (N)                                | Mom (N)                                | Carol's 2nd Act (N)                         | Evil "Book 27" (SF) (N)               | KOIN6News (N)                         | (3:35) Colbert                        |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 6                | KIRO  | (7) KIRO 7 News (N)                                                                 | Evening News (N)                                                                            | KIRO 7 News (N)                                                    | Ent. Tonight                                       | Young Sheldon (N)                                                                    | The Unicorn (N)                                | Mom (N)                                | Carol's 2nd Act (N)                         | Evil "Book 27" (SF) (N)               | KIRO 7 News (N)                       | (3:35) Colbert                        |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 8                | KGW   | (8) KGW News at 6:00 p.m. (N)                                                       |                                                                                             | Tonight Cassidy                                                    | Inside Edition (N)                                 | Superstore (N)                                                                       | The Good Place "Whenever You're Ready" (F) (N) | SVU "The Longest Night of Rain" (N)    | News (N)                                    | (3:35) Tonight Show                   |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 9                | KRCW  | (3) Modern Family                                                                   | Modern Family                                                                               | The Goldbergs                                                      | The Goldbergs                                      | Supernatural "The Gamblers" (N)                                                      | Legacies "What Cupid Problem?" (N)             | KOIN 6 News at 10:00 p.m. (N)          | Seinfeld                                    | Seinfeld                              |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 10               | KOPB  | (10) Wild Travels                                                                   | Outside Source                                                                              | PBS NewsHour (N)                                                   | Art Beat (N)                                       | Oregon Guide (N)                                                                     | Inspector Morse "Infernal Serpent" 1/2         | Inspector Morse "Infernal Serpent" 2/2 | Resistance                                  |                                       |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 12               | KPTV  | (12) 6 O'Clock News (N)                                                             |                                                                                             | Family Feud (N)                                                    | Family Feud (N)                                    | Last Man St. (N)                                                                     | Outmatched (N)                                 | Deputy "10-8 Black & Blue" (N)         | The 10:00 p.m. News (N)                     | News (N)                              | Big Bang Theory                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 13               | KPDx  | (13) Family Feud (N)                                                                | Family Feud (N)                                                                             | Big Bang Theory                                                    | Big Bang Theory                                    | 8:00 p.m. Prime News (N)                                                             | 9:00 p.m. Prime News (N)                       | The Simpsons                           | FamilyGuy 2/2                               | Bob's Burgers                         | The Game                              |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 18               | KCPQ  | (13) Modern Family                                                                  | Modern Family                                                                               | Big Bang Theory                                                    | Big Bang Theory                                    | Last Man St. (N)                                                                     | Outmatched (N)                                 | Deputy "10-8 Black & Blue" (N)         | Q13 NEWS AT 10 (N)                          | News (N)                              | The Simpsons                          |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 20               | TBS   | (20) Family Guy                                                                     | Family Guy                                                                                  | Miracle Workers                                                    | Seinfeld                                           | Big Bang Theory                                                                      | Big Bang Theory                                | Big Bang Theory                        | Big Bang Theory                             | Conan (N)                             | Miracle Workers                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 21               | KZJO  | (22) Friends                                                                        | Mom                                                                                         | Mom                                                                | Modern Family                                      | Q13 News at 8:00 p.m. (N)                                                            | Q13 News at 9:00 p.m. (N)                      | Big Bang Theory                        | Big Bang Theory                             | Two and a Half                        | Two and a Half                        |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 29               | ESPN  | (29) 30 for 30 "Vick" Pt. 1 of 2 (N)                                                |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | SportsCenter (N)                                                                               | SportsCenter With Scott Van Pelt (N)                                          | SportsCenter (N)                      |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 30               | ESPN2 | (30) NCAA Basketball Arizona at Washington (L)                                      |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | NCAA Basketball Colorado at UCLA (L)                                                           | Around the Horn                                                               | Interruption                          | Now or Never (N)  | 30 for 30 1/2 (N) |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 31               | NICK  | (31) It's Pony                                                                      | The Loud House                                                                              | The Casagrandes                                                    | The Loud House                                     | ★★ Journey 2: The Mysterious Island (12) Vanessa Hudgens, Josh Hutcherson.           | Friends                                        | Friends                                | Friends                                     | Friends                               | Friends                               |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 32               | DISN  | (32) (05) Gabby Duran                                                               | (35) Raven's Home                                                                           | (05) Raven's Home                                                  | (35) Bunk'd                                        | Bunk'd                                                                               | G.Duran/ Sydney                                | (15) Raven's Home                      | (40) JustRollwit                            | (05) Coop & Cami                      | Sydney to the Max                     | Bunk'd/ G. Duran                      | (45) JustRollwit                                                                               |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 34               | FAM   | (34) (5:30) ★★★ 21 Jump Street (2012, Action) Channing Tatum, Ice Cube, Jonah Hill. |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | Grown-ish (N)                                                                                  | Everything's (N)                                                              | The Bold Type "#scarlet" (N)          | Grown-ish         | Everything's      |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 35               | FMC   | (35) (4:45) ★★★ The Revenant (15) Tom Hardy, Dommonn Gleeson, Leonardo DiCaprio.    |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | (55) ★★ The Great Wall (16, Action) Tian Jing, Matt Damon.                                     | (50) Heist (2015, Action) Robert De Niro, Kate Bosworth, Jeffrey Dean Morgan. | (40) FXM Presents                     |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 36               | LIFE  | (36) Wife Swap "Schachtner/ Martinack"                                              |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | Supernanny "Ostler Family"                                                                     |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 38               | ROOT  | (38) WCC All-Access                                                                 | Mark Frew                                                                                   | NCAA Basketball San Francisco at San Diego (L)                     |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 39               | F51   | (39) (4:30) NCAA Basket.                                                            | NCAA Basketball Utah at USC (L)                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       |                                                                                                | Fox College Hoops                                                             | WWE Backstage                         | TMZ Sports (N)    | F5 Presents       | The Three GOATS | NFL Turning Point |  |  |  |  |  |  |  |  |            |  |  |  |
| 43               | SPIKE | (43) Two and a Half                                                                 | Two and a Half                                                                              | Two and a Half                                                     | Two and a Half                                     | ★★ The Italian Job (2003, Action) Charlize Theron, Donald Sutherland, Mark Wahlberg. | ★★ The Italian Job                             | ★★ The Italian Job                     | ★★ The Italian Job                          | ★★ The Italian Job                    | ★★ The Italian Job                    |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 44               | COM   | (44) (15) The Office                                                                | (50) The Office                                                                             | (25) The Office                                                    | The Office                                         | The Office                                                                           | The Office                                     | The Office                             | The Office                                  | The Office                            | The Office                            | The Daily Show (N)                    | (35) Lights Out (N)                                                                            |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 45               | HIST  | (45) Swamp "Ten Most Dangerous Moments"                                             | Swamp "Ten Most Dangerous Moments"                                                          | Swamp "Ten Most Dangerous Moments"                                 | Swamp "Ten Most Dangerous Moments"                 | Swamp People "Raging Bulls"                                                          | Swamp "Return to Froggy Bayou" (N)             | (05) Alone: The Beast (P) (N)          | (05) Swamp People                           |                                       |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 46               | A&E   | (46) The First 48 "Blood Lust"                                                      | First 48 "Rearview Killer/ Point Blank"                                                     | First 48 "Rearview Killer/ Point Blank"                            | First 48 "Rearview Killer/ Point Blank"            | The First 48 "Bridge of Lies" (N)                                                    | Alaska PD (N)                                  | 60 Days In "Mother's Day Mayhem" (N)   | (05) First 48 "Devil in Me/ Trail of Blood" |                                       |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 47               | TLC   | (47) Say Yes to the Dress                                                           | My Feet Are Killing Me "All 12 Toes"                                                        | Dr. Pimple Popper "Dr. Lee Nose Best!"                             | Pimple "Warning: System Shutdown!"                 | Feet Kill Me "Trouble with Toes" (N)                                                 | 1000-lb Sisters (N)                            | Homestead Rescue                       | Off the Grid "Hudson Valley Retreat" (N)    |                                       |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 48               | DISC  | (48) Homestead "House of 30,000 Tires"                                              | Homestead "Cobbers Nightmare" (N)                                                           | Homestead "Quake Shattered" (N)                                    | Reclaimed "Poor Man's Mine" (N)                    | Off the Grid "Hudson Valley Retreat" (N)                                             | Alaska Troopers "Doped and Disturbed"          | Alaska Troopers "Doped and Disturbed"  | Alaska Troopers "Doped and Disturbed"       | Alaska Troopers "Doped and Disturbed" | Alaska Troopers "Doped and Disturbed" | Alaska Troopers "Doped and Disturbed" | Alaska Troopers "Doped and Disturbed"                                                          |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 49               | NGEO  | (49) Hidden "Land of Ancients" (N)                                                  | Wild Turkey (N)                                                                             | Alaska Troopers "Doped and Disturbed"                              | Alaska Troopers "Doped and Disturbed"              | Alaska Troopers "Doped and Disturbed"                                                | Alaska State Troopers "Family Feud"            | Alaska Troopers "Extreme Drug Busts"   | Alaska Troopers "Extreme Drug Busts"        | Alaska Troopers "Extreme Drug Busts"  | Alaska Troopers "Extreme Drug Busts"  | Alaska Troopers "Extreme Drug Busts"  | Alaska Troopers "Extreme Drug Busts"                                                           |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 60               | TNT   | (50) (5:00) NBA Basketball Golden State vs Boston (L)                               |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | NBA Basketball Utah Jazz at Denver Nuggets Site: Pepsi Center - Denver, Colo. (L)              | Inside the NBA (L)                                                            | NBA Basketball Golden State vs Boston | Total Recall (12) |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 51               | AMC   | (51) ★★★ 1 Am Legend (2007, Sci-Fi) Alice Braga, April Grace, Will Smith.           |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | ★★ Transformers: Revenge of the Fallen (2009, Action) Megan Fox, Josh Duhamel, Shia LaBeouf.   |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 52               | USA   | (52) Law & Order: S.V.U. "Father Dearest"                                           | Law & Order: S.V.U. "Strange Beauty"                                                        | ★★ Bad Boys (1995, Action) Martin Lawrence, Téa Leoni, Will Smith. | Impossible "Caribbean Catastrophe" (N)             | Restaurant: Impossible (N)                                                           | (05) Restaurant: Impossible (N)                | (05) Restaurant: Impossible (N)        | (05) Restaurant: Impossible (N)             | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 53               | FOOD  | (53) Beat Bobby Play                                                                | Beat Bobby Play                                                                             | Restaurant "Golf: Impossible"                                      | Impossible "Caribbean Catastrophe" (N)             | Restaurant: Impossible (N)                                                           | (05) Restaurant: Impossible (N)                | (05) Restaurant: Impossible (N)        | (05) Restaurant: Impossible (N)             | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)       | (05) Restaurant: Impossible (N)                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 54               | HGTV  | (54) Flip or Flop                                                                   | Flip or Flop                                                                                | Flip or Flop                                                       | Flip or Flop                                       | Flip or Flop                                                                         | Flip or Flop                                   | Christina on (N)                       | Christina on the                            | Flip or Flop                          | Flip or Flop                          | Flip or Flop                          | Flip or Flop                                                                                   |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 56               | FX    | (56) (5:00) ★★★ Logan (2017, Action) Patrick Stewart, Dafne Keen, Hugh Jackman.     |                                                                                             |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       | ★★ Transformers: The Last Knight (2017, Action) Anthony Hopkins, Laura Haddock, Mark Wahlberg. |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 57               | CNN   | (57) Cuomo Prime Time                                                               | CNN Tonight With Don Lemon                                                                  | Anderson Cooper 360                                                | Cuomo Prime Time                                   | CNN Tonight With Don Lemon                                                           | Anderson Cooper 360                            | Cuomo Prime Time                       | CNN Tonight With Don Lemon                  | Anderson Cooper 360                   | Cuomo Prime Time                      | Anderson Cooper 360                   | Cuomo Prime Time                                                                               |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 58               | FNC   | (58) Hannity                                                                        | The Ingraham Angle                                                                          | Fox News @ Night                                                   | Tucker Carlson Tonight                             | Hannity                                                                              | Tucker Carlson Tonight                         | Shark Tank                             | Shark Tank                                  | Shark Tank                            | Shark Tank                            | Shark Tank                            | Shark Tank                                                                                     |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 61               | CNBC  | (61) Shark Tank                                                                     | Shark Tank                                                                                  | Shark Tank                                                         | Shark Tank                                         | Shark Tank                                                                           | Shark Tank                                     | Shark Tank                             | Shark Tank                                  | Shark Tank                            | Shark Tank                            | Shark Tank                            | Shark Tank                                                                                     |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 63               | BRAV  | (63) (5:30) Below Deck                                                              | Below Deck "Let Them Eat Penis Cake!"                                                       | Project Runway "Project Runway x Ashley Longshore"                 | Project Runway "Project Runway x Ashley Longshore" | Project Runway "Sheer Genius" (N)                                                    | Project Runway "Sheer Genius" (N)              | Watch What (N)                         | Chrisley Knows                              | Chrisley Knows                        |                                       |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 64               | TCM   | (64) (5:00) The Magnificent Seven                                                   | (15) ★★ Return of the Seven (66) Emilio Fernandez, Julian Mateos, Yul Brynner.              |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       |                                                                                                | ★★ Guns of the Magnificent Seven (69) Joe Don Baker, George Kennedy.          |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 65               | SYFY  | (65) Movie                                                                          | (45) ★★ Ghost in the Shell (2017, Action) Pilou Asbaek, Takeshi Kitano, Scarlett Johansson. |                                                                    |                                                    |                                                                                      |                                                |                                        |                                             |                                       |                                       |                                       |                                                                                                | ★★ Hancock (2008, Action) Charlize Theron, Jason Bateman, Will Smith.         |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |
| 162              | RFD   | (162) Chasing-Madison                                                               | Small Town (N)                                                                              | Rural America "Live" (L)                                           | Steve Lantivo                                      | Rural Eve. News                                                                      | Grown                                          | Farm Monitor                           | Chasing-Madison                             | Small Town                            | Time Life Library                     |                                       |                                                                                                |                                                                               |                                       |                   |                   |                 |                   |  |  |  |  |  |  |  |  |            |  |  |  |