

FRIDAY, AUG. 12 ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Half-court basketball. (541-276-8100). HEPPNER FARMER'S MARKET, 9 a.m. to 2 p.m., Heppner City Park. Food, craft and garden vendors. (541-676-8957). STORY TIME, 10:15-11 a.m., Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882). SUMMER STORY TIME, 10:15-10:45 a.m., Pendleton Public Library, 502 S.W. Dorion Ave. (541-966-0380). PENDLETON FARMER'S MARKET, 4 p.m. to dusk, 300 block South Main Street, Pendleton. Browse fresh produce, meats, baked goods and plants, locally crafted jewelry and items for the home. EBT, debit and credit cards welcome. (pendletonfarmersmarket.net). VFW BINGO, doors open at 6 p.m., games start at 7 p.m., Hermiston VFW, 45 W. Cherry St. PROPHETIC WORKSHOP, 7 p.m., Faith Center Church, 108 S. Main St., Pendleton. Rev. Dick Williams will present a free workshop. A love offering will be taken. (Ray O'Grady 541-276-9569). ROCK & ROLL CAMP CONCERT, 7 p.m., 400 block South Main Street, Pendleton. Rock & Roll Camp participants perform. (541-278-9201). SATURDAY, AUG. 13 FIRST FOODS FESTIVAL AND RACES, 6:45 a.m. to 2:30 p.m., July Grounds, 73310 July Grounds Lane, Mission, 6:45 a.m. race registration begins; Kanine Ridge Hike 7:10 a.m., departs July Grounds; Chumash Lacrosse tournament 8-10 a.m. and noon to 2:30 p.m.; yoga



The Pendleton Rock & Roll Camp concert is Friday, at 7 p.m. on the 400 block of South Main Street.

second grade and parents/guardians. Free basketball skills and pickup games. PROPHETIC WORKSHOP, 9-11 a.m., Faith Center Church, 108 S. Main St., Pendleton. Rev. Dick Williams will present a free workshop. A love offering will be taken. (Ray O'Grady 541-276-9569). FREE FOR ALL, 9:30-10:15 a.m. Pendleton Center for the Arts, 214 N. Main St., Pendleton. Family art experience for children up to age 12. Children under 8 should be accompanied by an adult. (541-278-9201). HIP & HANDMADE, 11 a.m. to noon,

Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free drop-in art project class for adults. (541-278-9201). OVERSIZE GAMES, 11 a.m. to 1 p.m., Pioneer Park, 400 N.W. Despain Ave., Pendleton. Kiss the summer reading program goodbye with giant versions of Operation, Tic Tac Toe and more. All ages. (541-966-0380). COUNTRY HOEDOWN, 1-4 p.m., Milton-Freewater Neighborhood Senior Center, 311 N. Main St. Live music, dancing and singing. Admission \$2, refreshments available for purchase. (541-938-3311). SATURDAY NIGHT AT THE MOVIES, 6 p.m., First Baptist Church, 200 Willow Fork Drive, Boardman. Enjoy "Flywheel," a family-friendly movie. Refreshments and popcorn will be available for purchase. Free admission. (541-481-9437). SUNDAY, AUG. 14 GUEST MISSIONARY SPEAKER, 9:45 and 11 a.m., Grace Baptist Church, 2809 S.W. Goodwin Ave., Pendleton. Doug Custer will talk about his missions with World Venture. Everyone welcome. (541-276-3031). GUEST MINISTRY, 10 a.m., Faith Center Church, 108 S. Main St., Pendleton. REV. Dick Williams will bring his music and ministry to the regular worship service. Free. (Ray O'Grady 541-276-9569). "ROBBERS, REPROBATES AND THE RED LIGHT DISTRICT" WALKING TOUR, 12:30 p.m., beginning at MaySons Old Fashioned General Store, 369 S. Main St., Pendleton. Local historian Keith May discusses Pendleton's National Historic District. Costs \$5. (541-276-8206). MUSIC IN THE PARK, 5-7 p.m., Heppner City Park. Bring a lawn chair or blanket and enjoy Jezebel's Mother. Food available for purchase. ADULT OPEN GYM, 6:30-8:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Free access for ages 16 and up. (541-276-8100). MONDAY, AUG. 15 ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Half-court basketball. (541-276-8100). COFFEE AND CONVERSATION WITH CHUCK WOOD, 7-8:30 a.m., Bucking Bean, 405 N.W. Despain Ave., Pendleton. Share thoughts with Ward 2 councilman. (541-310-7306 or chuck.wood@cj.pendleton.or.us). PRESCHOOL STORY TIME, 10:30 a.m., Athena Public Library, 418 E. Main St. For ages birth to 6. (541-566-2470). PENDLETON SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St. Costs \$3.50 or \$6 for those under 60. Pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels, call 541-276-1926. (541-276-7101). ART STUDIO, 4:00-5:30 p.m. Pendleton Center for the Arts, 214 N. Main St. Free class for ages 7-12 to develop skills and encourage art exploration. (541-278-9201). MUSIC IN THE PARK, 7 p.m., Boardman Marina Park, 1 Marine Drive. Free family-oriented musical performance featuring Jamie Nasario. Bring a lawn chair or blanket and a picnic. (Tami 541-571-0844 or Renee 541-922-1560). ATHENA KNITTERS GROUP, 7 p.m., Athena Public Library, 418 E. Main St. Open to all knitters, crocheters and lovers of needle work. (541-566-2470).

# Parents Talk Back

## Why the first day of school can be hard for parents, too



AISHA SULTAN Parents Talk Back

Plenty of parents break out the happy dance on the first day of school. It's a respite from the long, hot days of dealing with children who have been bored for weeks and eating snacks from the pantry faster than you can restock them. It's also a moment of optimism — starting an academic year still ripe with potential and getting to meet new teachers who may spark a passion for learning in your child.

That's far more exciting for parents than new school supplies.

Of course, a new school year also marks that bittersweet passage of time. First day of school pictures document a childhood slipping away as each grade gets closer to graduation.

Most years, the first day is a salad toss of these emotions for many parents. I've been that mom who gets a little misty-eyed at the morning bus stop, yet also relishes the return of peace and quiet during the day.

But certain years can be even more emotionally complicated for parents. These are the major transition years when a child starts at a new school — kindergarten, middle school or high school. And the first year of college is the biggest transitional year of all. These four milestone years can be just as nerve-racking for parents as they are for students.

Transitions are inherently unsettling. It's a change in setting, in routines and expectations, and in peer relationships. A child understandably has a fear of the unknown, but a parent has to deal with a fear of the known.

A child's first day of school is also a walk down memory lane for parents. They remember the challenges they faced themselves during those transition years, and the scars they accumulated along the way. Adults may remember all too well the pain of being left out in elementary school, bullied in middle school or isolated in high school, and want to spare their child the same fate. They may recall the loneliness or sense of being overwhelmed during the first year away from home. Or if they experienced a significant loss as a child, such as a divorce or death in

the family, it may also color their memory of that time in school.

Even if your own transition years were relatively smooth, as an adult you can see all the potential pitfalls on this new part of the journey. Children graduate to a new school, while parents graduate to a whole new set of worries.

It's hard to know how to help your child navigate a year that touches back to a time when you carried feelings of low self-esteem or shame.

I remember feeling a slight sense of panic when my eldest child was about to start middle school. That had been a rough transition year for me socially, and I assumed the start of junior high was horrible for most people.

Those who have suffered at the hands of peers or teachers may assume it's a normal part of growing up to be miserable in sixth grade or terribly insecure in ninth. Yes, some awkwardness and angst is developmentally appropriate in adolescence. But smooth transitions help alleviate the bumps and bruises that are part of the learning curve.

Just recognizing that your own experiences may be influencing how you feel about a particular transition year can help calm latent anxieties.

Once I took stock of all the ways my daughter's experience was different than my own — she had more self-confidence and a supportive social circle — I was able to worry less and appreciate the chance to help her grow through these years. She survived the transition and is looking forward to her last year before tackling high school.

As my son starts sixth grade this year, my old fears have been laid to rest. The experience of watching an older child emerge happy and successful from the year that was hardest for me healed my own past hurts.

I can go back home from the bus stop this year and do that happy dance.

Aisha Sultan is a St. Louis-based journalist who studies parenting in the digital age while trying to keep up with her tech-savvy children. Find her on Twitter: @AishaS.

### Friday Morning

STATION	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
FOX	(11) KFFX	11 AgDay	Friends	Pets.TV	Paid	Hot/ Cleve.	Paid	Mother	Paid	Steve Harvey	Crime Watch Daily	
KPTV	3	Good Day Oregon at 6	Good Day Oregon					Good Day		The 700 Club	Paid	Paid
CBS	(19) KEPR	2 News	News	CBS This Morning (N)				Meredith Vieira		The Price Is Right	Young & Restless	
KOIN	19	KOIN 6 News at 6 a.m.	CBS This Morning (N)					Let's Make a Deal		The Price Is Right	Young & Restless	
NBC	(25) KNDU	6	Wake Up Northwest	Today Show (N)				Today Show II (N)		Rio 2016 Summer Olympics		
ABC	KGW	8	KGW News at Sunrise	Today Show (N)				Today Show II (N)		Rio 2016 Summer Olympics		
KVEU	4	Northwest	Northwest	Good Morning America				Live! With Kelly (N)		The View	Paid	Middle
KATU	5	KATU News Morning	Good Morning America					AM Northwest		The View	Live! With Kelly (N)	
KTNW	(31) KTNW	Stretch	W.L.Yoga	Wild K. "Lost at Sea"	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	Sit and Fit
OPB	(59) OPB	13	Essentrics	Wild K. "Lost at Sea"	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	DinoTrain	SuperWI Thomas

### AFTERNOON

STATION	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
FOX	(11) KFFX	11	Pat. Court	Divorce	Divorce	Judge Mathis		The People's Court		The People's Court	Mike&M.	Mike&M.
KPTV	3	The Rachael Ray Show	Wendy Williams			The Real		TMZ Live!		Judge Judy	Judge Judy	5 O'Clock News
CBS	(19) KEPR	2	NameG.	Bold & B.	The Talk (N)	Let's Make a Deal	Dr. Phil	Judge Judy	Judge Judy	News	News	News
KOIN	19	News	Bold & B.	The Talk (N)			Dr. Phil	KOIN 6 News at 4 p.m.		News	News	News
NBC	(25) KNDU	6	Rio 2016 Summer Olympics			:20 Rio 2016 Summer Olympics				News	NBC News	
ABC	KGW	8	Rio 2016 Summer Olympics			:20 Rio 2016 Summer Olympics				KGW News	Olympic	
KVEU	4	The Chew	General Hospital			The Doctors		The Rachael Ray Show	Minute	Minute	News	News
KATU	5	The Chew	General Hospital			Meredith Vieira		Steve Harvey	KATU News @ 4		News	News
KTNW	(31) KTNW	Charlie Rose	Ming	Quilt Day	C.George	Thomas	Arthur	Nature Cat	Jet Go!	Odd Squad	Wild K. "Lost at Sea"	
OPB	(59) OPB	13	Paint This	Cooking	Charlie Rose	Nature Cat	Bob Build	Cat/ Hat	Jet Go!	Speaks	WordGirl	Wild K. "Lost at Sea"

### EVENING

STATION	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
FOX	(11) KFFX	11	Modern Family "Heart Broken"	Modern Family "Bad Hair Day"	2 Broke Girls	Seahawks All Access	MasterChef The remaining cooks learn how to properly deconstruct a lobster.	MasterChef The remaining 15 home cooks cook for 101 hungry veterans.	FOX News First at Ten	:35 Law:CI A squad investigates high profile cases while focusing on the criminals' motives.	:35 Two and a Half Men	:35 Two and a Half Men
KPTV	3	6 O'Clock News	Timbers in 30	Family Feud	Family Feud	MasterChef "Gordon Ramsay Masterclass"	MasterChef "Vets, Jets and Home Cooks"	10 O'Clock News		11 O'Clock News	Ray "Call Me Mom"	
CBS	(19) KEPR	2	Action News at 6 p.m.	Inside Edition	The Big Bang Theory	The Simpsons "Steal This Episode"	NCIS: LA As Granger escorts Jennifer Kim back to Los Angeles she admits to knowing he is her dad.	Hawaii Five-0 A case from 15 years ago forces Grover to take his family on the run from the mob.	BlueB. Danny and Baez investigate the theft of a Mustang car driven by the late Steve McQueen.	Action News at 11:00 p.m.	:35 S. Colbert Samuel L. Jackson	
KOIN	19	KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	NCIS: Los Angeles "Granger, O."	Hawaii Five-0 "Malama Ka Po'e"	Blue Bloods "The Bullitt Mustang"	KOIN 6 News/ 11	:35 S. Colbert		
NBC	(25) KNDU	6	Local News	Family Feud	Wheel of Fortune	Jeopardy!	Rio 2016 Summer Olympics Athletics (W) Shot Put Gold Medal Final, Swimming (M & W), Diving (W) Springboard Qualifying, Beach Volleyball (W) Round of 16					
ABC	KGW	8	KGW News at 6:00 p.m.	Live at 7	Olympic Zone	Rio 2016 Summer Olympics Athletics (W) Shot Put Gold Medal Final, Swimming (M & W), Diving (W) Springboard Qualifying, Beach Volleyball (W) Round of 16						
KVEU	4	Extra	Local News at 6:30	Entertainment Tonight	The Insider	Shark Tank A twist on traditional hummus and an eyelash extension business are featured.	You Do Cameras capture reactions as people are placed in situations that compel them to act.	20/20 A combination of interviews, feature stories and hard-hitting investigative reports.	:05 Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.	KATU News	:35 Jimmy Kimmel	
KATU	5	KATU News at 6	Jeopardy!	Wheel of Fortune	Shark Tank	What Would You Do?	20/20	KATU News	:35 Jimmy Kimmel			
KTNW	(31) KTNW	PBS NewsHour	BBC World News	McLaugh (N)	Washington Week (N) 2016	Potus 2016	Great British Baking "The Final" (SF) (N)	POV "Ping Pong"	Charlie Rose (N)			
OPB	(59) OPB	13	Expeditions	Business (N)	PBS NewsHour	Washington Idols "Yul Brynner"	Great British Baking "The Final" (SF) (N)	POV "Web Junkie"	The Tunnel			

STATION	PEN	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
A&E	52	The First 48 "Caught in the Middle"	The First 48 "Caught in the Middle"	The First 48 "Kiss of Death"	The First 48 "Kiss of Death"	The First 48 "House of Cards"	60 Days In "Where Are They Now?"	The First 48 "Bloodline"	:05 The First 48 "Shattered Glass"				
AMC	60	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.	Mad Max: Beyond Thunderdome	In the future, a warrior is sent into exile and becomes a savior to a tribe of children.
ANPL	24	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters (N)	:05 Treehouse Masters			
CMT	43	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love	Can't Buy Me Love
CNBC	72	The Profit	Profit "Tonnie's Minis"	The Profit	The Profit	The Profit	The Profit	The Profit	The Profit	Profit "Fuelfood"	Profit "Fuelfood"	Profit "Fuelfood"	Profit "Fuelfood"
CNN	68	The Eighties	M. Spurlock Inside	The Hunt John Walsh	The Hunt John Walsh	The Hunt John Walsh	The Hunt John Walsh	The Hunt John Walsh	M. Spurlock Inside	The Hunt John Walsh	The Hunt John Walsh	The Hunt John Walsh	The Hunt John Walsh
DISC	51	Alaskan Bush People	Alaskan Bush People	Bush "Bloodlines"	Bush "Bloodlines"	Bush "Bloodlines"	Bush "Bloodlines"	Bush "Bloodlines"	Bush "Rocky Seas"	Bush "Rocky Seas"	Bush "Rocky Seas"	Bush "Rocky Seas"	Bush "Rocky Seas"
DISN	26	Tangled Mandy Moore.	Elena (N)	StuckMid	Girl M. (N)	K.C. Undercover	Star vs. Evil	Star vs. Evil	LEGO Free	Girl World	LEGO Free	Girl World	Girl World
ESPN	33	Boxing Premier Champions Miguel Flores vs. Ryan Kielczewski Site: Turning Stone Casino (L)		SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter
ESPN2	34	Baseball Little League World Series (L)		E:60	NFL Live	ESPN Films   J & J (N)	First Take						
FNC	66	The Kelly File	Hannity	The O'Reilly Factor	The Kelly File	Hannity	On the Record						
FOOD	61	Diners	Diners	Diners	Diners	Diners	Diners	Diners (N)	Diners	Diners	Diners	Diners	Diners
FREE	32	Meet the Browns '08, Com/Dra	D. Mann.	Diary of a Mad Black Woman	Kimberly Elise.		The 700 Club						
FX	65	Identity Thief	Jason Bateman.	R.I.P.D.	(13, Act) Jeff Bridges, Ryan Reynolds.		R.I.P.D.	Ryan Reynolds.					
GOLF	88	PGA Golf John Deere Classic		Rio 2016 Summer Olympics Golf (M) Round 2 Site: Olympic Golf Course -- Rio de Janeiro, Brazil									
GSN	76	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Skin Wars: Fresh Paint	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	MindMan	MindMan
HALL	87	Last Man	Last Man	Last Man	Last Man	Home Imp	Home Imp	Middle	Middle	Middle	Middle	G. Girls	G. Girls
HGTV	62	H.Hunt	H.Hunt	H.Hunt	H.Hunt	Love It or List It	Love/List "Site Unseen"	Love/List "Site Unseen"	H.Hunt	House	House	H. Girls	House
HIST	50	Ancient Aliens "The Time Travelers"	Ancient Aliens "The Visionaries"	Ancient Aliens "Space Station Moon"	Ancient Aliens "Russia's Secret Files"	:05 Ancient Aliens "The Alien Agenda"	:05 Ancient Aliens "The Alien Agenda"	:05 Ancient Aliens "The Alien Agenda"	:05 Ancient Aliens "The Alien Power Plants"				
LIFE	29	The Rap Game	The Rap Game	Bring It! Fan Chat (N)	Bring It! (N)	Full House	Full House	Full House	Full House	Friends	Friends	Friends	Friends
NICK	27	H.Danger	H.Danger	Crashletes	Thunder	All In (N)	HALO	Full House	Full House	Full House	Full House	Friends	Friends
ROOT	37	Mariners All Access	MarinersPr e-game (L)	MLB Baseball Seattle Mariners at Oakland Athletics Site: Oakland Alameda Coliseum -- Oakland, Calif. (L)									
SPIKE	42	Cops "In Atlanta"	Cops	Cops	Cops	Cops	Cops	Cops "Odd Arrests #5"	Cops	Cops	Cops	Cops	Cops
SYFY	67	Movie	Incredible Hulk '08, Act	Edward Norton.	Killjoys (N)								
TBS	59	Seinf. "The Trip" 1/2	Seinf. "The Trip" 2/2	Seinf. "The Pitch" 1/2	Seinf. "The Pitch" 2/2	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Rush Hour 2 Two police officers uncover a counterfeiting ring in Hong Kong & try to bring it down.	Sunnyside Up (29) Janet Gaynor.		
TCM	56	Lucky Star '80, Dra	Brett Marx.	Street Angel On the verge of happiness, a woman running from the law finds her past catching up to her.				Ladies in Love In Budapest, three working girls try to impress their dates.					
TLC	49	Deadly Women	Deadly Women	Killer Women "Murder for Me" (N)	Women in Prison (N)	Killer Women "Murder for Me" (N)	Women in Prison (N)	Women in Prison (N)	Killer "Murder for Me"				
TNT	57	Bones	Bones	National Treasure: Book of Secrets	Nicolas Cage.	National Treasure: Book of Secrets	Nicolas Cage.	National Treasure: Book of Secrets	Nicolas Cage.	Red 2 (13, Act) Bruce Willis.			
UNI	21	Incluido	Noticiero	La rosa de Guadalupe	Un camino hacia el	Tres veces Ana	Impacto	Noticie.					
USA	58	SVU	Law&O: SVU "Silence"	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern
WE	118	Boot Camp: Reali (N)	Million Dollar M (N)	Marriage Boot Camp	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match	Million Dollar Match
WGN		Interest "Brotherhood"	P. Interest "Prophets"	Body of Lies '08, Act	Leonardo DiCapro.	Body of Lies '08, Act	Leonardo DiCapro.	Body of Lies '08, Act	Leonardo DiCapro.	Mother	Rules	Rules	Rules
STZ ENC	644	:55 There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary	There's Something About Mary
HBO	518	:55 Jumper	Jumper	The Transporter	The Night Of	The Night Of	The Night Of	The Night Of	The Night Of	Unfriended			
HBO2	520	Our Brand Is Crisis	Sandra Bullock.	Looking: The Movie	The Fantastic Four	The Fantastic Four	The Fantastic Four	The Fantastic Four	The Fantastic Four	Straited Out...			
HBO3	521	:15 The Insider ('99, Susp)	Russell Crowe, Al Pacino.	Everest ('15, Adv)	Jake Gyllenhaal.	Everest ('15, Adv)	Jake Gyllenhaal.	Everest ('15, Adv)	Jake Gyllenhaal.	Real Sports			
MAX	549	:10 28 Days Later	Cillian Murphy.	Victor Frankenstein	Daniel Radcliffe.	Victor Frankenstein	Daniel Radcliffe.	Victor Frankenstein	Daniel Radcliffe.	Outcast (SF) (N)	Outcast		
SHOW	578	Revolutionary Road	Southpaw	Jake Gyllenhaal.	Ray Donovan "Norman Saves the World"	Ray Donovan "Norman Saves the World"	Ray Donovan "Norman Saves the World"	Ray Donovan "Norman Saves the World"	Ray Donovan "Norman Saves the World"	Remorse	Movie		
STARZ	621	:55 DeJa Vu ('06, Act)	Denzel Washington.	:55 Concussion ('15, Dra)	Will Smith.	Concussion ('15, Dra)	Will Smith.	Concussion ('15, Dra)	Will Smith.	Power	Remorse	Movie	Movie

### NIGHT OWL

STATION	12 AM	12:30	1 AM	1:30	2 AM	2:30	3 AM	3:30	4 AM	4:30	5 AM	5:30
FOX	(11) KFFX	11	AngerM.	:35 Hot In	:05 CR TV Featuring a selection of products and services.							CRTV
KPTV	3	Loves Ray	TMZ	Dish								