

SUNDAY DAYTIME

LG - La Grande BC - Baker City D - DISH DTV - DirecTV

MOVIES

SPORTS

JANUARY 9, 2022

	LG	BC	D	DTV	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30		
ABC	2	2	2	2	(7:00) KATU News This Morning Sunday	Your Voice	Sharyl Attkisson	This Week W/ George Stephanopoulos	Do What You Love	Road to the Playoff	Road to the Playoff	College Basketball Cincinnati at Memphis. From the FedEx Forum in Memphis, Tenn. (N)	Emeril Pasta	Spotlight on Europe	Paid Program	Oregon Sports Awards	KATU News at 5	World News								
PBS	3	5			Hero Elementary	Elinor Wonders	R. Steves' Europe	R. Steves' Europe	The Otter: Return of a Legend	NOVA The risks of sky-high buildings.	Stars on Stage From Westport Country	Betty White: First Lady of Television	Great Performances	Focus on Europe	GZERO World	To the Contrary	Washington Week	Firing-Hoover Wk	NewsHour Wk							
CBS	6	6	6	6	CBS News Sunday	Face the Nation (N)	The NFL Today (N) (Live)	NFL Football Pittsburgh Steelers at Baltimore Ravens. (N) (Live)	(:25) NFL Football Carolina Panthers at Tampa Bay Buccaneers. (N) (Live)	Face the Nation (N)	KOIN 6 News at 5	KOIN 6 News														
NBC	8	8	8	8	Meet the Press (N)	Live Without Limits	U.S. Olympic Trials Long Track Speedskating. From Milwaukee.	Figure Skating U.S. Championships: Men's Free Skate. From Nashville, Tenn. (N) (Live)	PGA Tour Golf Sentry Tournament of Champions, Final Round. (N) (Live)	GetBreeze	Nightly News	Football Night in America (N) (Live)	NFL Football													
CW	9	9	32	32	Life Church	Robert Jeffress	Freethought	Northwest Politics	Christian Worship Hour	Do What You Love	Emeril Lagasse	Storage Wars	Modern Family	Modern Family	Young Sheldon	The Gold-bergs	Mom	Mom	Seinfeld	Seinfeld	KOIN 6 News	KOIN 6 News				
FOX	12	12	12	12	(6:00) Good Day Oregon Sunday (N)	FOX NFL Sunday (N) (Live)	NFL Football Green Bay Packers at Detroit Lions. (N) (Live)	(:25) NFL Football Seattle Seahawks at Arizona Cardinals. (N) (Live)	The OT (N) (Live)	5 O'Clock News																
MNT	13	13	49	49	FOX NFL Kickoff (N) (Live)	FOX News Sunday (N)	America's Heartland (El)	Biz Kid\$ (El)	Dragon-FlyTV (El)	Think Big (El)	Animal Rescue	Dog Tales (El)	Paid Program	GetBreeze	Storm of Suspicion "Hurricane Homicide"	Bull Benny defends an army analyst.	Bull "Gag Order"	Bloodline Detectives "Cold Case Twist" (N)								
UNIV	22	22	16	47	Despierta América en domingo (N)	(9:55) Fútbol Mexicano Primera División (N) (Live)	República deportiva (N) (Live)	Al punto con Jorge Ramos (N)	Aquí y ahora	Como dice el dicho	La fuerza de creer La importancia de jugar con los hijos. (N)															
A&E	52	55	118	265	Cold Case Files	Cold Case Files	Cold Case Files	Killer Kids	Killer Kids	Killer Kids	Killer Kids	Killer Kids	The First 48	The First 48	The First 48											
AMC	60	45	131	254	"Black Dog" (:45) *** "Scarface" (1983, Crime Drama) Al Pacino, Michelle Pfeiffer, Steven Bauer. A Cuban immigrant fights to the top of Miami's drug trade.								(:45) ** "Road House" (1989, Action) Patrick Swayze. A legendary bouncer agrees to tame a notorious gin mill.				(:15) *** "Point Break" (1991) Patrick Swayze, Keanu Reeves. An FBI man turns surfer to nab rubber-masked bank robbers.									
ANP	24	49	184	282	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law		
BET	4	72	124	392	Payne	Payne	Prince	Prince	Prince	Prince	Lv Single	Lv Single	(:15) Living Single	Lv Single	Lv Single	Lv Single	(:45) Living Single	Lv Single	Lv Single	★ "No Good Deed" (2014) Idris Elba.						
BRAVO	54	65	129	237	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC	Housewives SLC			
CARTOON	25	59	177	297	Bears	Bears	Teen	Teen	Teen	Teen	Gumball	Gumball	Gumball	Craig	Craig	Craig	Craig	Teen	Teen	"Sherlock Gnomes"	"Sherlock Gnomes"					
CBSSN	410	410	158	221	Other Pregame	Women's College Basketball: Rams at Rams	Women's College Basketball	Limits	World Ski	Auto Racing	Lucas Oil Motorsports	Lucas Oil Motorsports	Bull Riding													
CNN	68	44	200	202	Reliable Source	State of Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom													
COM	77	56	107	249	Seinfeld	Seinfeld	The Office	The Office	The Office	The Office	*** "Despicable Me" (2010) Jason Segel	*** "Despicable Me 2" (2013, Children's)	*** "Despicable Me" (2010) Jason Segel													
COOK	123	123	113	232	Best Thing	Best Thing	Best Thing	Best Thing	Bizarre	Bizarre	Delicious	Delicious	Delicious	Delicious	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Carn Eats	Carn Eats	Cheat Day	Cheat Day
DISN	26	48	173	290	Big City	Big City	Big City	Ghost	Ladybug	Ghost	Ladybug	Ladybug	Big City	Big City	Amphibia	Amphibia	Ladybug	Ladybug	Ladybug	Ladybug	Big City	Big City	Big City	Big City		
E!	64	76	114	236	** "The Twilight Saga: Breaking Dawn Part 2" (7:00) Sunday NFL Countdown (N) (Live)	Women's College Basketball Kentucky at South Carolina. (N) (Live)	Women's College Basketball	Women's College Basketball Texas at Baylor. From the Ferrell Center in Waco, Texas.	Football Path to the Playoff	ESPN Films	SportsCenter (N) (Live)	SportsCenter (N) (Live)	Kickoff (N)													
ESPN	33	27	140	206	(7:00) Sunday NFL Countdown (N) (Live)	Women's College Basketball Kentucky at South Carolina. (N) (Live)	Women's College Basketball	Women's College Basketball Texas at Baylor. From the Ferrell Center in Waco, Texas.	Football Path to the Playoff	ESPN Films	SportsCenter (N) (Live)	SportsCenter (N) (Live)	Kickoff (N)													
ESPN2	34	28	143	209	(7:00) Fantasy Football Now (N) (Live)	Women's College Gymnastics	Corgi	2021 World Chase Tag USA (Taped)	College Basketball (Taped)	Playoff	Playoff	UFC Archival														
FNC	66	25	205	360	MediaBuzz (N) (Live)	Fox News Live (N)	Fox News Live (N)	FOX News Sunday	Maria Bartiromo	Fox News Live (N)	The Big Sunday Show	Fox Report	Sunday Night	Life, Liberty & Levin												
FOOD	61	54	110	231	Valerie's	Valerie's	Pioneer	Pioneer	Pioneer	Pioneer	Girl-Farm	Giada	Delicious	Delicious	The Kitchen	Guy's Chance	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games		
FREE	32	33	180	311	(7:30) *** "Spider-Man 2" (2004) Tobey Maguire.	(:40) ** "Spider-Man 3" (2007, Action) Tobey Maguire, Kirsten Dunst.	(1:55) *** "Spider-Man: Into the Spider-Verse"	(:35) "Spider-Man: Homecoming"																		
FS1	41	85	150	219	Motorcycle Race	Women's College Basketball	Women's College Basketball	Horse Race	Greatest Races: NASCAR	Hub																
FX	65	24	136	249	Mom	"Rogue" (2020, Action) Megan Fox, Jessica Sutton. Soldiers embark on a mission to rescue hostages in Africa.	** "Kingsman: The Golden Circle" (2017) Colin Firth, Julianne Moore. British spies join forces with their American counterparts.	*** "Furious 7" (2015, Action) Vin Diesel, Paul Walker, Dwayne Johnson. A dead man's brother seeks revenge on the Toretto gang.	** "The Fate of the Furious" (2017)																	
FXX	35	64	125	259	"Angry Birds 2"	** "The Boss Baby" (2017, Children's)	Cleveland	Cleveland	King/Hill	King/Hill	King/Hill	King/Hill	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons			
GOLF	88	88	401	218	PGA Tour Golf Sentry Tournament of Champions, Third Round.	Golf Central Pregame	Feherty	Feherty	PGA Golf	Golf Central (N) (Live)																
HALL	87	87	185	312	Golden Girls	Golden Girls	Golden Girls	Golden Girls	"Love on Ice" (2017) Julie Berman. A figure skating champion gets a second shot at glory.	"Where Your Heart Belongs" (2021, Romance) Jen Lilley, Christopher Russell.	"Winter in Vail" (2020, Drama) Lacey Chabert, Tyler Hynes, Marla Renae.	"Love on the Sidelines" (2016, Drama) Emily Kinney, John Reardon, Hayley Sales.														
HALLMM	86	86	187	565	Monk TV star has an alibi.	Monk A law student offers to help Monk.	Monk A union dispute goes awry.	"Signed, Sealed, Delivered: Higher Ground" (2017, Drama) Eric Mabius, Kristin Booth.	"Signed, Sealed, Delivered: Home Again" (2017, Drama) Eric Mabius, Kristin Booth.	"Signed, Sealed, Delivered: The Road Less Traveled" (2018) Eric Mabius, Kristin Booth.	"Signed, Sealed, Delivered: To the Altar"															
HGTV	62	57	112	229	Flip	Flip	Flip	Flip	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous	Fixer to Fabulous			
HIST	50	60	120	269	Cnt. Cars	Cnt. Cars	Counting Cars	Counting Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars			
LIFE	29	29	108	252	Amazing	Jeremiah	J. Osteen	Forgetful	"Sugar Babies" (2015, Drama) Alyson Stoner.	"Her Deadly Sugar Daddy" (2020, Suspense)	"Babysitter's Black Book" (2015, Drama)	"Secrets of a Gold Digger Killer" (2021)														
MSNBC	71	67	209	356	The Sunday Show	Alex Witt Reports (N)	Alex Witt Reports (N)	Alex Witt Reports (N)	Yasmin Vossoughian	Yasmin Vossoughian	PoliticsNation (N)	American Voices	American Voices	Mehdi Hasan												
NBCSN	89	89	159	220	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022	SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022			
NGEO	55	78	197	276	Total Gym	Humana	Shark Attack Files	Shark Attack Files	Shark Attack Files	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero	Life Below Zero			
NICK	27	51	171	299	Sponge.	Sponge.	Sponge.	Sponge.	*** "The Croods" (2013) Emma Stone	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Sponge.	Sponge.		
OWN	40	41	189	279	Dr. Phil	Dr. Phil	Dr. Phil	Super Soul Sunday	Super Soul Sunday	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé			
OXY	30	69	127	251	Real Murders	Real Murders	Real Murders	Real Murders	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped			
PARMT	42	43	241	241	NCIS "Hit and Run"	NCIS "Canary" (N)	NCIS "Hereafter" (N)	NCIS "Detour" (N)	NCIS "Prime Suspect"	NCIS "Seek" (N)	*** "Air Force One" (1997, Suspense) Harrison Ford.	"The Shawshank Redemption"														
ROOT	37	26	426	687	Paid Prog.	Outdoor	Seahawks	Seahawks	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball			
SYFY	67	50	122	244	Twi. Zone	Twi. Zone	Twi. Zone	** "Immortals" (2011) Henry Cavill, Stephen Dorff.	(11:57) ** "2012" (2009, Action) John Cusack, Chiwetel Ejiofor.	*** "Die Hard" (1988) Bruce Willis, Alan Rickman.																
TCM	56	73	132	256	(7:00) *** "Nightmare Alley"	(:15) *** "Some Came Running" (1958) Frank Sinatra. A failed writer creates a stir in his small hometown.	(:45) *** "Mildred Pierce" (1945, Drama) Joan Crawford, Jack Carson.	(:45) *** "A Star Is Born" (1954, Musical) Judy Garland, James Mason, Jack Carson. An actor turns to alcohol as his wife becomes a megastar.	*** "Robin and Marian" (1976)																	
TDC	51	42	182	278	Saltwater	Sportsman	Gold Rush "Little Eldorado"	Blind Frog Ranch	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs			
TLC	49	62	183	280	Four Weddings	Four Weddings	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey	Darcey & Stacey			
TNT	57	52	138	245	NCIS: New Orleans "In the Blood"	NCIS: New Orleans "Pound of Flesh"	NCIS: New Orleans A deadly car explosion.	** "Tomb Raider" (2018) Alicia Vikander. Young Lara Croft seeks a fabled tomb on a mythical island.	*** "Hellboy" (2004) Ron Perlman, John Hurt. Premiere. The son of the devil fights paranormal creatures.	*** "Godzilla: King of the Monsters" (2019, Science Fiction) Kyle Chandler, Vera Farmiga.																
TRAV	53	38	196	277	Places-Pig Out	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Paranormal Ca.	Monsters Caught			
TRUTV	73	75	242	246	World's Dumbest ...	World's Dumbest ...	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Tacoma	Tacoma	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers			
TVL	75	74	106	304	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike			
USA	58	39	105	242	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Olympic Trials	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU				
WE	118	118	128	260	EveryStep	Paid Prog.	Oxygen	Forgetful	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order "Patriot"	Law & Order												