

SUNDAY DAYTIME

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

MOVIES

SPORTS

JANUARY 30, 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	Winter X Games (N)		Winter X Games (N)		Winter X Games (N)		Winter X Games (N)		Paid Program	Home-owner	Paid Program	Sharyl Attkisson	This Week W/ George Stephanopoulos	KATU News at 5	World News	
PBS	3	5			Hero Element- Elinor Wonders		R. Steves' Europe	R. Steves' Europe	Animals With Cameras, A Nature		NOVA "Ancient Maya Metropolis"		Great Performances "LA Phil 100" LA Phil's 100th birthday.		Great Performances The life of soprano Birgit Nilsson.				Focus on Europe	GZERO World	To the Contrary	Washington Week	Firing-Hoover	NewsHour Wk
CBS	6	6	6	6	CBS News Sunday	Face the Nation (N)	College Basketball Ohio State at Purdue. From Mackey Arena in West Lafayette, Ind.		The NFL Today (N) (Live)		NFL Football Cincinnati Bengals at Kansas City Chiefs. (N) (Live)									Get Home Title Lock	To Be Announced	Face the Nation (N)	KOIN 6 News at 5	KOIN 6 News
NBC	8	8	8	8	Meet the Press (N)		IMSA WeatherTech SportsCar Championship Rolex 24 at Daytona. (N) (Live)		Earnin' It: The NFL's Forward Progress (N)		AMA Supercr.		Figure Skating Four Continents Championships. From Tallinn, Estonia. (Taped)		Live Without Limits		GetBreeze	Grant's Getaways	Laura McKenzie	KGW News at 5 (N)				
CW	9	9	32	32	Life Church	Robert Jeffress	Freethought	Northwest Politics	Christian Worship Hour		Emeril	H2O Steam	Storage Wars	Storage Wars	Storage Wars	Storage Wars	The Gold-bergs	The Gold-bergs	Mom	Mom	Seinfeld "The Doll"	Seinfeld	KOIN 6 News	KOIN 6 News
FOX	12	12	12	12	Inspire Change		NFL Championship Chase (N)	PBC Fight Camp (N)	Dog Tales (EI)		Animal Rescue	*** "A River Runs Through It" (1992, Drama) Craig Sheffer, Brad Pitt, Tom Skerritt.				Emeril's must have non-stick pans		NFL Pre-game	NFL Football San Francisco 49ers at Los Angeles Rams.					
MMNT	13	13	49	49	(6:00) Good Day Oregon Sunday (N)		FOX News Sunday (N)	America's Heartland (EI)	Biz Kid\$ (EI)		Dragon-FlyTV (N)	Think Big (EI)	Animal Rescue	Dog Tales (EI)	Paid Program	GetBreeze	Storm of Suspicion (N)		Bull Bull sues a drug company.		Bull An attorney is on trial for murder.		Bloodline Detectives	
UNIV	22	22	16	47	Despierta América en domingo (N)			Al punto con Jorge Ramos (N)			Aquí y ahora		"Una última y nos vamos" (2015, Aventura) Héctor Bonilla, José Selami.		Fútbol central (N)	FIFA Eliminatorias Copa Mundial 2022 (N) (Live)						La rosa de Guadalupe		
A&E	52	55	118	265	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	King	King	King	King	King	King	King	King	The First 48		The First 48	
AMC	60	45	131	254	"Summer Rental" (:45) ** "The Great Outdoors" (1988, Comedy) Dan Aykroyd, John Candy.				(:45) *** "Beetlejuice" (1988, Comedy) Michael Keaton, Alec Baldwin, Geena Davis.				(:45) ** "Divergent" (2014) Shailene Woodley, Theo James, Ashley Judd. A young woman discovers a plot to destroy those like her.						(:45) ** "Insurgent" (2015) Shailene Woodley, Tris and Four search for allies and answers.					
ANP	24	49	184	282	North Woods Law		North Woods Law		North Woods Law		North Woods 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	(:12) Living Single		Lv Single	Lv Single	** "White Chicks" (2004) Shawn Wayans, Marlon Wayans.				** "Life" (1999)			
BRAVO	54	65	129	237	Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ	
CARTOON	25	59	177	297	Teen	Teen	Bears	Bears	Total	Total	Gumball	Gumball	Gumball	Gumball	Craig	Craig	Craig	Craig	Teen	Teen	* "Yogi Bear" (2010) Justin Timberlake			
CBSSN	410	410	158	221	Other Pregame		Women's College Basketball: Rams at Rams		Women's College Basketball		Lucas Oil Motorsports		Motorcycle Race		College Basketball Loyola (Md.) at Bucknell.		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		CNN Newsroom	
COM	77	56	107	249	Seinfeld	Seinfeld	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office
COOK	123	123	113	232	Best Thing	Best Thing	Food Paradise		Bizarre	Bizarre	Delicious	Delicious	Delicious	Delicious	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Eddie	Eddie	Carn Eats	Carn Eats
DISN	26	48	173	290	Big City	Big City	Big City	Ghost	Ladybug	Amphibia	Ghost	Ghost	Amphibia	Amphibia	Amphibia	Amphibia	Big City	Big City	Ghost	Ghost	Ghost	Ghost	Ghost	Ghost
E!	64	76	114	236	Botched		Botched		Botched		Botched		*** "Harry Potter and the Sorcerer's Stone" (2001) Daniel Radcliffe.		*** "Harry Potter and the Chamber of Secrets"									
ESPN	33	27	140	206	SportsCenter (N) (Live)		Postseason NFL Countdown (N) (Live)				Women's College Basketball Duke at Louisville. (N) (Live)		Women's College Gymnastics Denver at Oklahoma. (N) (Live)		ESPN Films		UFC 243							
ESPN2	34	28	143	209	(7:00) 2022 Australian Open Tennis Men's Final. (Taped)		College Basketball Loyola-Chicago at Drake.		Women's College Basketball		2022 Australian Open Tennis Men's Final.													
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	
FREE	32	33	180	311	"Emperor's Grv"		*** "Cars" (2006) Voices of Owen Wilson.		(:40) *** "The Princess and the Frog"		(:45) ** "The Angry Birds Movie" (2016) Josh Gad		(3:55) ** "The Angry Birds Movie 2"											
FS1	41	85	150	219	Preview	Motorcycle Race	PBA Bowling Players Championship Finals.		Bowling		Women's College Basketball		Big East		Elite		*** "Seabiscuit" (2003)							
FX	65	24	136	249	Mom	Mom	* "Lucy in the Sky" (2019, Drama) Natalie Portman, Jon Hamm, Zazie Beetz. An astronaut loses touch with reality after a mission.		** "X-Men: Apocalypse" (2016, Action) James McAvoy. Professor X and Raven battle the immortal mutant Apocalypse.		*** "Deadpool" (2016, Action) Ryan Reynolds. Deadpool hunts down the man who nearly destroyed his life.		"Deadpool 2" (2018)											
FXX	35	64	125	259	(7:00) "Abominable"		"How to Train Your Dragon: Hidden World"		Cleveland	Cleveland	King/Hill	King/Hill	King/Hill	King/Hill	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons
GOLF	88	88	401	218	PGA Tour Golf Farmers Insurance Open, Final Round.		Golf		LPGA Tour Golf Gainbridge LPGA, Final Round. (N) (Live)		Golf APGA Tour: Farmers Insurance Invitational. (N) (Live)		Golf Central (N) (Live)		LPGA Golf									
HALL	87	87	185	312	Golden Girls	Golden Girls	Golden Girls	Golden Girls	"Frozen in Love" (2018, Romance-Comedy) Rachael Leigh Cook, Niall Matter.		"Don't Forget I Love You" (2022, Romance) Emilie Ullerup, Clayton James.		"A Winter Princess" (2019, Romance) Natalie Hall, Chris McNally, Lara Gilchrist.		"Love, Fall & Order" (2019) Erin Cahill. A woman heads back to her hometown.									
HALLMM	86	86	187	565	Monk Natalie helps a thief steal a bike.		Monk Monk befriends an older woman.		Monk "Mr. Monk Makes the Playoffs"		"Campfire Kiss" (2017, Romance-Comedy) Danica McKellar, Paul Greene, Ali Skovbye.		"Timeless Love" (2018, Romance) Rachel Skarsten, Brant Daugherty, Jill Adler.		"The Color of Rain" (2014, Drama) Lacey Chabert, Warren Christie.		"Finding Love in Mountain View"							
HGTV	62	57	112	229	Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Home Inspector Joe		Home Town		Home Town		Home Town		Home Town		Home Town		Home Town	
HIST	50	60	120	269	Ult. Rides	Ult. Rides	Counting Cars		Counting Cars		Cnt. Cars	Cnt. Cars	Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars	
LIFE	29	29	108	252	Amazing	Jeremiah	J. Osteen	Paid Prog.	** "Sister Act" (1992) Whoopi Goldberg.		Wendy Williams: What a Mess!		Whitney Houston & Bobbi Kristina: Didn't We		Faith Evans and Notorious B.I.G.: Hopelessly									
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	(Off Air)				(Off Air)															
NGEO	55	78	197	276	Total Gym	Humana	Wicked Tuna		Wicked Tuna		Wicked Tuna		Wicked Tuna		Wicked Tuna		Wicked Tuna		Wicked Tuna		Wicked Tuna		Ramsay: Uncharted	
NICK	27	51	171	299	Sponge.	Sponge.	Sponge.	Sponge.	"SpongeBob SquarePants"		Loud	Loud	Loud	Loud	Loud	Loud	Casagran	Loud	Loud	Loud	Loud	Loud	Sponge.	Sponge.
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Super Soul Sunday		Super Soul Sunday		Court	Court	Court	Court	Court	Court	Court	Court	Court	Court	Court	Court
OXY	30	69	127	251	Real Murders		Real Murders		Killer Relationship		Snapped		Snapped		Snapped		Snapped		Snapped		Snapped		Snapped	
PARMT	42	43	241	241	NCIS "Mother's Day"		NCIS		NCIS "Jurisdiction"		NCIS		NCIS "Moonlighting"		NCIS "Obsession"		*** "Grease" (1978, Musical) John Travolta.		*** "A League of Their Own"					
ROOT	37	26	426	687	Paid Prog.	Kraken	Warm-Up	Pregame	NHL Hockey Seattle Kraken at New York Rangers. (N)		Postgame		NHL Hockey Seattle Kraken at New York Rangers.		Postgame		Blazers		Portland		NBA Basketball			
SYFY	67	50	122	244	7wi. Zone	** "Battleship" (2012) Taylor Kitsch, Alexander Skarsgard.		(:25) ** "The Twilight Saga: New Moon" (2009, Romance)		(:20) ** "The Twilight Saga: Eclipse" (2010)		"Twilight-Dawn"												
TCM	56	73	132	256	(7:00) *** "Quai des Orfevres"		(:15) *** "Sweet Bird of Youth" (1962) Paul Newman. A scheming actor uses a faded star to land a contract.		*** "Lili" (1953, Musical) Leslie Caron, Mel Ferrer.		*** "Arsenic and Old Lace" (1944, Comedy) Cary Grant, Raymond Massey.		(:15) **** "His Girl Friday" (1940, Comedy) Cary Grant, Rosalind Russell.		*** "The Verdict" (1982, Drama)									
TDC	51	42	182	278	Saltwater	Sportsman	(:10) Secrets of the Celtic Grave (Part 1 of 2)		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Alaskan Bush People		Dirty Jobs		Dirty Jobs	
TLC	49	62	183	280	Four Weddings		Sister Wives		Sister Wives		Addiction	Addiction	Addiction	Addiction	Addiction	Addiction	90 Days	90 Days	90 Days	90 Days	90 Days	90 Days	90 Days	
TNT	57	52	138	245	NCIS: New Orleans "Breaking Brig"		NCIS: New Orleans "The Recruits"		NCIS: New Orleans "It Happened Last Night"		*** "Star Wars: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill, Harrison Ford, Carrie Fisher.		(2:47) *** "Star Wars: The Last Jedi" (2017) Mark Hamill. Luke Skywalker comes to a crossroad when he meets young Rey.											
TRAV	53	38	196	277	Food Paradise		Killer Yeti in Russia		Unexplained: C		Unexplained: C		Unexplained: C		Unexplained: C		Unexplained: C		Unexplained: C		Unexplained: C		Unexplained: C	
TRUTV	73	75	242	246	World's Dumbest ...		World's Dumbest ...		Jokers	Jokers	Jokers	Jokers	Foodies	Foodies	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers
TVL	75	74	106	304	Gold Girls	Gold Girls	Gold Girls	Gold Girls	(:12) The Golden Girls		Gold Girls	Gold Girls	Gold Girls	Gold Girls	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike	Mike
USA	58	39	105	242	IMSA WeatherTech		College Basketball		College Basketball		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	Paid Prog.	Living	Paid Prog.	Grow Hair	Law & Order "Avatar"		Uncharted Adventure		Weird Earth		Heavy Rescue: 401		Heavy Rescue: 401		Highway Thru Hell		Highway Thru Hell (N)			
WEATH	14	19	214	362	Weekend Recharge		Weekend Recharge		Uncharted Adventure		Friends	Friends	Friends	*** "Avengers: Infinity War" (2018, Action) Robert Downey Jr.		(:34) *** "Avengers: Endgame" (2019, Action)								
WTBS	59	40																						