

SEPTEMBER 22, 2019

	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 With George ...		Jack Hanna	Ocean Treks	Hearts of Heroes	The Great Dr. Scott	World of X Games (N)		College Football 150: The American Game	CFB 150: Greatest	30 for 30 Shorts (N)	Rock the Park (E)	Vacation Creation	KATU News at 5	World News	
PBS	3	5			Dinosaur Train (E)	Arthur (E)	R. Steves' Europe	Travels to the Edge	Animal Babies: First Year on Earth		NOVA Precious gems.		Live From Lincoln Center			American Masters The life and career of actor Raul Julia.	Focus on Europe	GZERO World	To the Contrary	Washington Week	Firing- Hoover	NewsHour Wk		
CBS	6	6	6	6	CBS News	Face the Nation (N)	The NFL Today (N) (Live)		NFL Football Baltimore Ravens at Kansas City Chiefs. (N) (Live)							(:25) NFL Football New Orleans Saints at Seattle Seahawks. (N) (Live)				Game On!	KOIN 6 News at 5	Game On! (N) (Live)		
NBC	8	8	8	8	Meet the Press (N)		Clear the Shelters	2019 Rugby World Cup Same-day Tape)	Ireland vs Scotland. (N)	IndyCar Series	IndyCar Racing Firestone Grand Prix at Monterey. (N) (Live)						IndyCar Series Post Race (N) (Live)	Paid Program	Paid Program	Football Night in America (N) (Live)		NFL Football: Rams at Browns		
CW	9	9	32	32	REAL	Jack Van Impe	Freethought	Foot Pain	Christian Worship Hour	Paid Program	Paid Program	Paid Program	More Hair	Cooking with Emeril!	Last Man Standing	Last Man Standing	How I Met	How I Met	Friends	Friends	black-ish	black-ish		
FOX	12	12	12	12	(6:00) Good Day Oregon Sunday (N)		FOX NFL Sunday (N) (Live)		NFL Football Denver Broncos at Green Bay Packers. (N) (Live)					NFL Post-game	PBC Fight Camp (N)	Inside PBC Boxing (N)	Whacked Out Spo.	Emmy-Preshow	FOX's Live Emmy Red Carpet Arrivals		71st Annual Prime-time Emmy Awards			
MNT	13	13	49	49	FOX NFL Kickoff (N) (Live)		FOX News Sunday With Chris Wallace		Awesome Adventure	Real Life 101 (N)	Think Big (E)	Career Day (E)	Animal Science	Exploration	★ "Armed and Dangerous" (1986, Comedy) John Candy, Eugene Levy.		Major Crimes "Off the Wagon"		Major Crimes "Family Law"		2 Broke Girls	Mike & Molly		
UNIV	22	22	16	47	Programa pagado	Programa pagado	Fútbol Central		Fútbol Mexicano Primera División (N) (Live)				República Deportiva (N)		Al punto (N)		Aquí y ahora (N)		Como dice el dicho		Como dice el dicho	Nosotros los.	Nosotros los.	
A&E	52	55	118	265	Hoarders		Hoarders		Hoarders		Hoarders		Hoarders		★★ "The Expendables" (2010, Action)			★★ "The Expendables 2" (2012)			"Expendables 3"			
AMC	60	45	131	254	(6:55) "Death Race: Beyond Anarchy" (2018) Zach McGowan.		(:25) ★★ "Death Race" (2008) Jason Statham. Prisoners complete in a brutal car race to win their freedom.		(11:55) "Death Race 2" (2010, Action) Luke Goss, Ving Rhames, Sean Bean. Premiere.						(25) ★★★ "Die Hard" (1988) Bruce Willis, Alan Rickman. A policeman outwits foreign thugs in an L.A. high-rise.		A New York			"Road House"				
ANP	24	49	184	282	North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law (N)	
BET	4	72	124	392	Payne	Payne	Payne	Payne	Prince	Prince	Prince	Prince	★★ "Sister Act" (1992) Whoopi Goldberg.		(35) ★★ "Sister Act 2: Back in the Habit" (1993) Kathy Najimy						Security			
BRAVO	54	65	129	237	Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Housewives-Atlanta		Married to Medicine	Married to Medicine		
CARTOON	25	59	177	297	Teen	Teen	Teen	Teen	Mao Mao	Mao Mao	Teen	Teen	Teen	Teen	Gumball	Gumball	Gumball	Gumball	"Madagascar 3: Europe's Most Wanted"			Gumball	Gumball	
CNN	68	44	200	202	Reliable Source		State of the Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom	
COM	77	56	107	249	South Pk	South Pk	South Pk	(:45) South Park		South Pk	South Pk	South Pk	South Pk	South Pk	(:15) South Park		South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk
COOK	123	123	113	232	Delicious	Delicious	Delicious	Delicious	Cake	Cake	Cakes	Cakes	Cake Wars	Cake Wars			Food	Food	Carn Eats	Carn Eats	Carn Eats	Carn Eats	Carn Eats	Carn Eats
DISN	26	48	173	290	Amphibia	Big City	Big City	Academy	Bunk'd	Coop	"Descendants 2" (2017) Dove Cameron.			Just Roll	Raven	Sydney	Sydney	Jessie	Jessie	Jessie	Bunk'd	Bunk'd	Bunk'd	
E!	64	76	114	236	Kardash	★★★ "The Devil Wears Prada" (2006) Meryl Streep.		★★★ "The Devil Wears Prada" (2006) Meryl Streep.		E! Countdown to the Red Carpet		E! Live From the Red Carpet (N) (Live)										The Kardashians		
ESPN	33	27	140	206	(7:00) Sunday NFL Countdown (N) (Live)		College Football Final		30 for 30 Shorts (N)	SC Feat-ured	College Football Final		(12:55) MLS Soccer Minnesota United FC at Portland Timbers. (N) (Live)		Baseball Tonight		MLB Baseball Philadelphia Phillies at Cleveland Indians. From Progressive Field in Cleveland. (N) (Live)							
ESPN2	34	28	143	209	(7:00) Fantasy Football Now (N) (Live)		Bassmasters (N)		Football Final		Dodgeball		Football Final		WNBA Basketball: Mystics at Aces		WNBA Basketball: Sun at Sparks							
FNC	66	25	360	MediaBuzz (N)		America's News HQ		America's News HQ	Fox News Sunday		Journal Editorial Rpt.		America's News HQ		Greg Gutfeld		Fox Report		Fox News Sunday		Watters' World			
FOOD	61	54	110	231	Guy's	Valerie's	Pioneer	Pioneer	Pioneer	Pioneer	Girl-Farm	Girl-Farm	The Kitchen		Good Eat	Good Eat	Guy's Games		Guy's Games		Guy's Games	Guy's Games		
FREE	32	33	180	311	(7:00) ★★ "McFarland" (2015)		★★ "Tomorrowland" (2015) George Clooney, Hugh Laurie.		★★★ "Hercules" (1997) Josh Keaton		(:05) ★★★ "Meet the Robinsons" (2007)		"Beauty & Beast"											
FS1	41	85	150	219	Soccer	Match	Bundesliga Soccer		"Nossa Chape" (2018, Documentary)		"Shot in the Dark" (2017)		"Q Ball" (2019, Documentary)								"They Fight" (2018)			
FX	65	24	136	249	Mike & Molly	Mike & Molly	The Weekly	★★ "Life" (2017, Science Fiction) Jake Gyllenhaal, Rebecca Ferguson.	★★ "Jack Ryan: Shadow Recruit" (2014, Ac-tion) Chris Pine, Kevin Costner.		★★★ "Logan" (2017, Action) Hugh Jackman, Patrick Stewart. Logan must protect a young mutant girl from dark forces.										★★ "The Fate of the Furious" (2017, Action) Vin Diesel.			
FXX	35	64	125	259	black-ish	black-ish	black-ish	★★ "The Other Woman" (2014) Cameron Diaz.		★★ "Snatched" (2017) Amy Schumer.		★★ "Bad Moms" (2016) Mila Kunis.				Simpsons		Simpsons	Simpsons	Simpsons				
GOLF	88	88	401	218	European PGA Golf		PGA Champions		Golf		PGA Tour Golf Sanderson Farms Championship, Final Round. (N)		PGA Champions								Golf Central			
HALL	87	87	185	312	"Love at Sea" (2018, Romance) Alexa PenaVega, Carlos PenaVega, Melissa Carcache.		"June in January" (2014, Romance-Comedy) Brooke D'Orsay, Wes Brown.		"Rescuing Madison" (2014, Romance) Alona Tal, Ethan Peck, Sheryllyn Fenn.		"Forever in My Heart" (2019, Romance-Comedy) Jack Turner, Merritt Patterson.		"A Harvest Wedding" (2017, Romance) Jill Wagner, Victor Webster, Merren McMahon.											
HALLMM	86	86	187	565	(7:00) Columbo		Murder, She Baked A baker turns amateur sleuth.		Murder, She Baked Hannah Swensen's customer was murdered.		Murder, She Baked Hannah discovers her competitor's body.		Murder, She Baked "A Deadly Recipe" The sheriff is murdered.								Murder, She Baked "Just Desserts"			
HGTV	62	57	112	229	Dream	Dream	Dream	Dream	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Stay or Sell		Fixer Upper		Fixer Upper		Fixer Upper	Fixer Upper		
HIST	50	60	120	269	Truck	Detroit	ToyMakerz		Counting Cars A ghost-hunting vehicle.		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	American Pickers		
LIFE	29	29	108	252	Am. Facts	Jeremiah	J. Osteen	Paid Prog.	"Little Girl's Secret" (2016) Maria Bello.		"My Daughter Is Missing" (2017, Suspense)		"Give Me My Baby" (2016) Kelly Sullivan.		"The Good Nanny" (2017) Briana Evigan.									
MSNBC	71	67	209	356	(7:00) AM Joy (N)		Weekends-Alex Witt		Weekends-Alex Witt		MSNBC Live		MSNBC Live		PoliticsNation (N)		Meet the Press (N)		Kasie DC (N)					
NBCSN	89	89	159	220	Premier		Premier League Soccer: Blues vs Reds		Prem Goal Zone		2019 Rugby World Cup England vs Tonga.		The Story of Rugby		The Story of Rugby		Lucas Oil Mtr		Wrestling		Auctions			
NBCSNW	426	37	424		Outdoor GPS (N)		Battle at Bandon		Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Battle at Bandon		Rip City Mornings		Best of	Rip City Drive		
NGEO	55	78	197	276	Paid Prog.	LifeLock	Activate: Global		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	Rangers	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Moguls	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	
OWN	40	41	189	279	Dr. Phil		Dr. Phil		Super Soul Sunday		Super Soul Sunday		Home Made Simple		Extreme Weight Loss		Extreme Weight Loss		Extreme Weight Loss		Extreme Weight Loss	Extreme Weight Loss		
OXY	30	69	127	251	Snapped		Snapped		Snapped		Snapped		Snapped		Snapped		Snapped		Snapped		Snapped	Snapped		
PARMT	42	43	241	241	Yoga!	LifeLock	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		(:01) Bar Rescue		(:02) Bar Rescue	(:03) Bar Rescue		
ROOT	37	26	426	687	NFL Press		Mariners	Mariners	MLB Baseball Seattle Mariners at Baltimore Orioles. (N) (Live)		Mariners		Mariners		College Football Eastern Washington at Idaho.		Soccer							
SYFY	67	50	122	244	Twi. Zone		★★★ "Starship Troopers" (1997) Casper Van Dien.		★ "Push" (2009) Chris Evans, Dakota Fanning.		★★ "Ghost in the Shell" (2017)		(:45) ★★★ "Edge of Tomorrow" (2014) Tom Cruise.											
TCM	56	73	132	256	"Woman-Beach" (2018) Claudette Colbert, Joel McCrea.		(:45) ★★ "The Palm Beach Story" (1942) Claudette Colbert, Joel McCrea.		★★★ "It Should Happen to You" (1954) Judy Holliday.		(:15) ★★★ "Lolita" (1962) James Mason, Shelley Winters, Sue Lyon. A middle-aged professor becomes smitten with a 12-year-old.		★★★ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks, Meg Ryan.		★★★ "State of the Union" (1948)									
TDC	51	42	182	278	Raised	Right	Undercover Billion.		Undercover Billion.		Homestead Rescue		Homestead Rescue		Homestead Rescue		Homestead Rescue		Homestead Rescue		Last Frontier	Last Frontier		
TLC	49	62	183	280	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	90 Day Fiancé	
TNT	57	52	138	245	NCIS: New Orleans Tracking a sniper.		NCIS: New Orleans "Suspicious Minds"		★★★★ "Titanic" (1997, Historical Drama) Leonardo DiCaprio, Kate Winslet, Billy Zane. A woman falls for an artist aboard the ill-fated ship.		★★★ "Alice Through the Looking Glass" (2016) Johnny Depp, Anne Hathaway.		(:15) ★★★ "Cinderella" (2015, Children's) Cate Blanchett, Lily James, Richard Madden.											
TRAV	53	38	196	277	Legendary Locations		Legendary Locations		Legendary Locations		Woo.- Haunted		Woo.- Haunted		Woo.- Haunted		Woo.- Haunted		Woo.- Haunted		Woo.- Haunted	Woo.- Haunted		
TRUTV	73	75	242	246	World's Dumbest ...		World's Dumbest ...		★★ "The Replacements" (2000)		Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Jokers	Jokers	Jokers	
TVL	75	74	106	304	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Gold Girls	Raymond	
USA	58	39	105	242	In Touch	J. Osteen	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		
WE	118	118	128	260	Ever Increasing		Yoga!	Emeril	Weather Gone Viral		Weather Gone Viral		Weather Gone Viral		Secrets of the Earth		Secrets of the Earth		Secrets of the Earth		Earth	Su. Dorian	Storm Stories	
WEATH	14	19	214	362	(6:00) Weekend Recharge (N) (Live)		Weather Gone Viral		Weather Gone Viral		Weather Gone Viral		Secrets of the Earth		Secrets of the Earth		Secrets of the Earth		Earth		Su. Dorian	Storm Stories		
WTBS	59	40	139	247	Raymond	Raymond	King	King	"Sherlock Holmes"		MLB Baseball: Cardinals at Cubs		King	Jokers	Jokers	★★ "Sherlock Holmes" (2009) Robert Downey Jr.		Friends		Friends	Friends			
HBO	518	518	303	504	(7:30) "Won't You Be My Neighbor?"		(:05) ★★ "Mamma Mia! Here We Go Again" (2018) Amanda Seyfried. 'PG-13'		★★★ "The A-Team" (2010, Action) Liam Neeson, Bradley Cooper. 'PG-13'		Succession "Argestes" (2015) ★★ "Rush Hour 2" (2001, Action) Jackie Chan. 'PG-13'		(:15) ★★ "The Meg" (2018, Science Fiction) Jason Statham, Li Bingbing. 'PG-13'		(:25) ★★ "Twisted" (2004, Sus-pense) Ashley Judd. 'R'		Real, Bill Maher							
MAX	531	531	311	516	(7:05) ★★ "Victory" (1981, Action) 'PG'		(:05) ★★ "Tully" (2018, Comedy-Drama) Charlize Theron. 'R'		(:45) ★★ "Tag" (2018, Comedy) Ed Helms, Jon Hamm, Jeremy Renner. 'R'		★★★ "How Stella Got Her Groove Back" (1998) Angela Bassett, Taye Diggs. 'R'		(:35) ★ "Fifty Shades Freed" (2018, Romance) Dakota Johnson. 'R'		(:25) ★ "Twisted" (2004, Sus-pense) Ashley Judd. 'R'									
SHOW	578	578	319	546	Inside the NFL		★★★ "Tombstone" (1993, Western) Kurt Russell, Val Kilmer, Michael Biehn. 'R'		(:10) ★★ "Confessions of a Dangerous Mind" (2002, Biography) Sam Rockwell. 'R'		(:05) ★★ "Total Recall" (1990, Science Fiction) Arnold Schwarzenegger. 'R'		★★★ "Hustle & Flow" (2005, Drama) Terrence Howard, Anthony Anderson. 'R'									Murder in the Bayou		
STARZ	621	621	351	526	"Earth Stood"		(:20) ★★ "Back to the Future Part III" (1990, Comedy) Michael J. Fox. 'PG'		(:21) "Drunk Parents" (2019, Comedy) Alec Baldwin. 'R'		★★★ "Colombiana" (2011, Action) Zoe Saldana, Jordi Mollà, Lennie James. 'PG-13'		(1:51) Power Tasha sparks a new flame.		(2:52) ★★ "Sicario: Day of the Soldado" (2018) Benicio Del Toro. 'R'		(4:57) ★★ "The Equal-izer 2" (2018)							
TMC	591	591	327	554	"Charlie's Angels"		★★ "Rounders" (1998, Drama) Matt Damon, Edward Norton, John Turturro. 'R'		(:35) ★★ "The Three Musketeers" (2011, Ac-tion) Matthew MacFadyen. 'PG-13'		★★★ "Dances With Wolves" (1990, Historical Drama) Kevin Costner. A Union officer befriends the Lakota. 'PG-13'		(:35) ★★ "Silverado" (1985) Kevin Kline. The paths of four cowboys converge en route to a showdown.											