

Alone: Trapping can be vital food source

Continued from Page 1C

from Wyoming; a survival school owner from South Carolina; and a primitive skills instructor from Sandy, Oregon.

We spent the first night huddled around the wood stove inside the Soapstone cabin getting to know each other, eating and drinking tea and wine as rain pounded the tin roof. The conversation lasted for hours; Kay and Apelian told fascinating stories of their time on Vancouver Island.

The next morning, during a downpour, the pair went through fire-making techniques, including the use of a hand-drill and bow-drill; selecting and drying tinder; and collecting and feathering wood.

As Kay demonstrated the hand-drill, the smoke emerged

quickly and a tinder was soon lit.

"Man's controlling of fire began all of it," he said. "Industrial Revolution, technology, smoke food, hides — it all rapidly began to evolve with harnessing fire."

For the rest of us, it wasn't so easy. Our hands were soon torn and blistered. The smoke came easily enough, but maintaining consistent speed and pressure proved more challenging than any of us expected.

At last, we had a spark and our tinder flared. We smiled at each other, feeling accomplished.

But Kay warned: "Just because you can, doesn't mean you should. Can I rub sticks together and make fire? You've seen me do it, but it sucks. So we use what we can carry to be prepared."

Tides, shelter, traps

The weekend's best weather came during our Hug Point excursion, when we collected muscles and identified plants, tools and other items of value in an intertidal zone.

Apelian pointed out tidal marine life and flora, while Kay focused on resources that make such environments so rich in survival situations: washed up rope, trash such as water bottles, floats and other plastics, for example.

Both leaders stressed the importance of a multifaceted diet. On the show, they ate fish, kelp, seaweed, crabs, mushrooms and various plant life, and banana slugs. (Yes, banana slugs.)

In their respective seasons, Kay and Apelian lived in lean-to shelters, a skill that takes years to master.

"If you're learning how to do this stuff when you really need to, it's too late," Kay said as the group built shelters among the massive stumps of hundred-year-old old growths that dominate the north end of the property.

We also built deadfall traps, which typically incorporate logs or rocks and are baited using a trigger to trap small rodents, squirrels and birds.

Compared to hunting or fishing, trapping can be a vital food source while conserving your time and energy.

"Traps are great for passive food collection," Kay said. "It's a numbers game: You place some traps, go to sleep and conserve energy, collect fuel or water. Traps strangle, mangle, tangle and dangle."

The workshop's goal, Apelian said, is to make people



Photo by Aaron Breniman

Nicole Apelian squeezes the herb-infused oils used to make her all-purpose healing salve during a salve-making presentation.

feel more confident in survival situations, whether in the woods or in a natural or man-made disaster.

"I want them to have the tools in their toolbox," she said. "There's no substitute for actually getting your hands dirty and doing the hands-on training."

Aaron Breniman is a writer, outdoor enthusiast, search-and-rescue member and communications consultant living in Portland, when he's not backpacking, fishing or chasing sunrises. Follow him on Twitter at @aaronbreniman or on Instagram at @akbnpdx.

TV LISTINGS

Evening listings FRIDAY-SUNDAY

| FRIDAY EVENING | | | | | | | | | | | | | JUNE 16 | |
|----------------|-------|---|--|--|---|---|--|---|-------------------|---|---|---|-------------------|--|
| 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 | | Jeopardy! | Wheel of Fortune | Shark Tank | | Truth and Lies "Watergate" (N) | | | | KATU News at 11 | (35) Jimmy Kimmel | |
| 3 | KOMO | (4) KOMO 4 News | | Wheel of Fortune | Jeopardy! | Shark Tank | | Truth and Lies "Watergate" (N) | | | | KOMO 4 News | (35) Jimmy Kimmel | |
| 4 | KING | (5) NBC Nightly News | KING 5 News | KING 5 News | Evening | America's Got Talent "Auditions" Colorful and hopeful performers compete. | | Dateline NBC (N) | | | | KING 5 News | (35) Tonight Show | |
| 6 | KOIN | (7) KOIN 6 News at 6 | CBS Evening News | Extra | Ent. Tonight | MacGyver "Hook" | | Hawaii Five-0 "Ka'ili aku" | | Blue Bloods "Confessions" | | KOIN 6 News @ 11 | (35) Colbert | |
| 7 | KIRO | (7) KIRO 7 News | CBS Evening News | The Insider | Ent. Tonight | MacGyver "Hook" | | Hawaii Five-0 "Ka'ili aku" | | Blue Bloods "Confessions" | | KIRO News | (35) Colbert | |
| 9 | KGW | (7) KGW News at 6:00 p.m. | Live at 7 | Inside Edition | America's Got Talent "Auditions" Colorful and hopeful performers compete. | The Originals "Voodoo Child" (N) | | Reign "All It Cost Her..." (F) (N) | | Dateline NBC (N) | | KGW News at 11 | (35) Tonight Show | |
| 10 | KRCW | (3) Last Man Standing | Last Man Standing | Modern Family | Modern Family | The Originals "Voodoo Child" (N) | | Reign "All It Cost Her..." (F) (N) | | KGW News at 10 | Two and a Half | Two and a Half | Met Your Mother | |
| 10 | KOPB | (10) Burt Wolf Pt. 1 of 2 | Business (N) | PBS NewsHour (N) | | Rick Steves' Heart of Italy | | Great British Baking "Cake" (N) | | Viewer's Choice | | | | |
| 12 | KPTV | (12) 6 O'Clock News | Timbers in 30 | Family Feud | Family Feud | FOX 12's 8 O'Clock News on PDX-TV | | Can Dance "Los Angeles Auditions #1" | | 10 O'Clock News | | 11 O'Clock News | 2 Broke Girls | |
| 13 | KPDx | (13) Mike & Molly | Mike & Molly | Big Bang Theory | Big Bang Theory | FOX 12's 8 O'Clock News on PDX-TV | | Can Dance "Los Angeles Auditions #1" | | Family Guy | Family Guy | American Dad! | Cleveland Show | |
| 13 | KCPO | (13) Modern Family | Modern Family | Big Bang Theory | Big Bang Theory | FOX 12's 9 O'Clock News on PDX-TV | | Can Dance "Los Angeles Auditions #1" | | Q13 News at 10 | | Most Wanted | The Simpsons | |
| 20 | TBS | (20) Seinfeld | Seinfeld | Ellequest "Clash for Cash: The Rematch" (L) | | | | | | Wrecked | Wrecked | Big Bang Theory | Big Bang Theory | |
| 20 | KZJZ | (22) Last Man Standing | Last Man Standing | Friends | Friends | Modern Family | Modern Family | Q13 News at 9 | | Big Bang Theory | Big Bang Theory | Two and a Half | Two and a Half | |
| 29 | ESPN | (29) (4:00) MLB Baseball | Wash./N.Y. M. (L) | Baseball Tonight (L) | | SportsCenter | | SportsCenter With Scott Van Pelt | | SportsCenter | | SportsCenter | | |
| 30 | ESPN2 | (30) (5:00) 30 for 30 | | 30/30 "Celtics/Lakers: Best of Enemies" | | 30 for 30 "Celtics/Lakers: Best of Enemies" Pt. 3 of 3 (N) | | NFL Live | | NFL Live | | MLB Baseball Washington vs N.Y. Mets | | |
| 31 | NICK | (31) Henry Danger | Henry Danger | Game Shakers "Clam Shakers" | | Henry Danger "Henry and the Bad Girl" | | Full House | Full House | Full House | Full House | Friends | Friends | |
| 32 | DAN | (32) Jessie | Liv Maddie Cali | Liv Maddie Cali | Andi Mack | Stuck in Middle | Andi Mack | Bizaardvark | Andi Mack | Adventures in Babysitting "16" Sabrina | | Carpenter. | (45) Stuck Middle | |
| 34 | FAM | (34) Movie | (40) ** The Waterboy | (1998, Comedy) Kathy Bates, Henry Winkler, Adam Sandler. | (50) ** Zookeeper | (2011, Comedy) Rosario Dawson, Leslie Bibb, Kevin James. | | | | | | | The 700 Club | |
| 35 | FMC | (35) (4:30) Gone Girl (14, Myst) Ben Affleck. | | (20) *** Gone Girl (2014, Mystery) Rosamund Pike, Missi Pyle, Ben Affleck. | | Cynthia Nixon, David Eigenberg, Sarah Jessica Parker. | | | | (10) FXM Presents | Beasts of the Southern Wild (12) Quvenzhané Wallis. | | | |
| 36 | LIFE | (36) Grey's A. "Drowning on Dry Land" | | ** Sex and the City 2 (2010, Comedy) Fanning, Sharlto Copley, Angelina Jolie. | | Post-game | MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas | | | NHRA Drag R. Thunder Valley Nationals | | TMZ Sports (N) | | |
| 38 | ROOT | (38) (5:00) MLB Baseball | Seattle Mariners at Texas Rangers (L) | | | Post-game | MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas | | | | | | | |
| 39 | FS1 | (39) NHRA NHRA in 30 | NASCAR Auto Racing Firefighters Casino 400 | | | MLB Whiparound (L) | | Skip and Shannon: Undisputed | | NHRA Drag R. Thunder Valley Nationals | | TMZ Sports (N) | | |
| 43 | SPIKE | (43) (5:30) ** The Fast and the Furious: Tokyo Drift (06) Lucas Black. | | | | ** Remember the Titans (2000, Drama) Will Patton, Wood Harris, Denzel Washington. | | | | ** Remember the Titans (00) Denzel Washington. | | | | |
| 44 | COM | (44) (15) Futurama | (50) Futurama "A Flight to Remember" | (25) South Park | | South Park | South Park | South Park 1/2 | South Park 2/2 | Kevin Hart: Laugh at My Pain | | Kevin Hart: I'm a Grown Little Man | | |
| 45 | HIST | (45) Ancient Aliens "Russia's Secret Files" | | Ancient Aliens "The Pharaohs' Curse" | | Ancient Aliens "City of the Gods" | | Ancient Aliens (N) | | (05) Aliens "The Forbidden Zones" | | (05) Aliens "Decoding the Cosmic Egg" | | |
| 46 | A&E | (46) (5:00) Live PD | | | | Live PD "Rewind" | | Live PD Live access inside the country's busiest police forces. (L) | | To Be Announced | | To Be Announced | | |
| 47 | TLc | (47) Say Yes-Dress | Say Yes-Dress | Say Yes-Dress | Say Yes-Dress | 90 Day Fiancé | | To Be Announced | | To Be Announced | | (05) 90 Day Fiancé | | |
| 48 | DISC | (48) Dual Survival "Mars on Earth" | | Dual Survival "The Green Hell" | | Dual Survival "Glacial Downfall" | | Yukon Men "End of the Road" (N) | | Alaskan Bush People | | Alaskan Bush People "Now or Never" | | |
| 49 | NGEO | (49) The Human Family Tree | | To Be Announced | | Return From the Dead | | Year Million "Energy Beyond Earth" | | National Geographic "S10 Ep15" | | Year Million "Energy Beyond Earth" | | |
| 50 | TNT | (50) Bones "The Mastodon in the Bedroom" | | Bones "The Couple in the Cave" | | The Hunger Games: Mockingjay, Part 1 | (14) Donald Sutherland, Josh Hutcherson, Jennifer Lawrence. | Claws "Tirana" | | Claws "Tirana" | | Movie | | |
| 51 | AMC | (51) (5:30) *** The Day After Tomorrow (04) Jake Gyllenhaal, Dennis Quaid. | | | | *** Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill. | | | | | | The Karate Kid Part II | Ralph Macchio. | |
| 52 | USA | (52) Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | |
| 53 | FOOD | (53) Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Food (N) | GINomous Food | Diners...Dives (N) | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | |
| 54 | HGTV | (54) Fixer Upper | Fixer Upper | Fixer "The Colossal Crawford Reno" | | My Dream Home | My Dream Home | Dream Home (N) | My Dream Home | Dream Home (N) | House Hunters (N) | House Hunters (N) | House Hunters | |
| 56 | FX | (56) Ride Along (2014, Action/Comedy) Kevin Hart, John Leguizamo, Ice Cube. | | CNN Tonight With Don Lemon | | Paul Blart: Mall Cop 2 (15) Raini Rodriguez, Eduardo Verastegui, Kevin James. | | Paul Blart: Mall Cop 2 (15) Raini Rodriguez, Eduardo Verastegui, Kevin James. | | Paul Blart: Mall Cop 2 (15) Raini Rodriguez, Eduardo Verastegui, Kevin James. | | CNN Tonight With Don Lemon | | |
| 57 | CNN | (57) Anderson Cooper 360 | | CNN Tonight With Don Lemon | | CNN Tonight With Don Lemon | | Anderson Cooper 360 | | Anderson Cooper 360 | | CNN Tonight With Don Lemon | | |
| 58 | FNC | (58) The Five | | Hannity | | Tucker Carlson Tonight | | The Five | | Hannity | | Tucker Carlson Tonight | | |
| 61 | CNBC | (61) American Greed: Scam | | Greed "Fouled Out: Rumeal Robinson" | | American Greed: Scam | | Amer. Greed "Talk Radio Taken Down" | | American Greed "Wild West Rip-Off" | | Paid Program | Paid Program | |
| 63 | BRAV | (63) Housewives P. "War of the Darbys" | | Housewives P. "A Host of Issues" | | The Real Housewives of Potomac | | ** Last Holiday (2006, Comedy) LL Cool J, Timothy Hutton, Queen Latifah. | | Timothy Hutton, Queen Latifah. | | Last Holiday (06, Com) Queen Latifah. | | |
| 64 | TCM | (64) (5:00) Light in the Piazza | | The Roman Spring of Mrs. Stone (61) Warren Beatty, Lotte Lenya, Vivien Leigh. | | Dark "Welcome to the Revolution" (N) | | Dark "Welcome to the Revolution" (N) | | Wynonna Earp "Shed Your Skin" | | (15) Death in Venice (71) Dirk Bogarde. | | |
| 65 | SYFY | (65) (3:30) Troy (04) | Movie | *** Maleficent (2014, Adventure) Elle Fanning, Sharlto Copley, Angelina Jolie. | | Cumberland High. | Rural News (N) | Country's Family Reunion | | County Reporter | Virginia Dreams | Time Life Library | | |
| 69 | RFD | (69) County Reporter | FarmHer | The Jimmy Dean Show | | | | | | | | | | |

| SATURDAY EVENING | | | | | | | | | | | | | JUNE 17 | |
|------------------|-------|---|--|---|-------------------|--|--|---|--|---|--------------------|--|--------------------|--|
| 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 | Paid Program | Jeopardy! | Wheel of Fortune | To Tell the Truth | | In An Instant "Lost in Snow" Two boys were buried alive in their snow fort. (N) | | | | KATU News at 11 | (35) HonorWrestle | |
| 3 | KOMO | (4) KOMO 4 News | | Wheel of Fortune | Jeopardy! | To Tell the Truth | | In An Instant "Lost in Snow" Two boys were buried alive in their snow fort. (N) | | | | KOMO 4 News | (35) Wrestle (N) | |
| 4 | KING | (5) NBC Nightly News | Paid Program | Paid Program | | World of Dance "The Qualifiers 3" | | Dateline NBC Investigative features are covered. (N) | | | | KING 5 News | Sat. Night Live | |
| 6 | KOIN | (7) KOIN Local 6 at 6 | Weekend News (N) | Entertainment Tonight Weekend | | Scorpion "US vs. UN vs. UK" | | Criminal Minds "Scarecrow" | | 48 Hours | | KOIN 6 News @ 11 | (35) Paid Program | |
| 7 | KIRO | (7) Weekend News (N) | KIRO 7 News | Entertainment Tonight Weekend | | Scorpion "US vs. UN vs. UK" | | Criminal Minds "Scarecrow" | | 48 Hours | | KIRO News | (35) Scandal | |
| 9 | KGW | (7) NBC Nightly News | Straight Talk | Inside Edition | Grant's Getaways | World of Dance "The Qualifiers 3" | | Dateline NBC Investigative features are covered. (N) | | | | KGW News (N) | Sat. Night Live | |
| 10 | KRCW | (3) The Middle | The Middle | Modern Family | Modern Family | Bones "The Plain in the Prodigy" | | Bones "The Bodies in a Book" | | KGW News at 10 | Person of Interest | B.S.O.D. | Person of Interest | |
| 10 | KOPB | (10) Viewer's Choice | | | | | | | | | | | | |
| 12 | KPTV | (12) (5:00) MLB Baseball | Chicago Cubs at Pittsburgh Pirates (L) | | | ** Road House (1989, Action) Sam Elliott, Ben Gazzara, Patrick Swayze. | | 10 O'Clock News | | | | American Grit "Find Your Grit" | | |
| 13 | KPDx | (13) Mike & Molly | Mike & Molly | Big Bang Theory | Big Bang Theory | Agents of SHIELD "The Asset" | | The X-Files | | CSI: Miami "Just Murdered" | | West Coast Wrestling Connection | | |
| 13 | KCPO | (13) (5:00) MLB Baseball | Chicago Cubs at Pittsburgh Pirates (L) | | | Modern Family | Modern Family | Modern Family | Modern Family | Q13 News at 10 | Most Wanted | American Grit "Find Your Grit" | | |
| 20 | TBS | (20) 2 Broke Girls | 2 Broke Girls | Big Bang Theory | Big Bang Theory | Big Bang Theory | Big Bang Theory | Big Bang Theory | Big Bang Theory | Big Bang Theory | Big Bang Theory | Claws "Tirana" | | |
| 20 | KZJZ | (22) Bones "The Plain in the Prodigy" | | The X-Files "The Sixth Extinction" 1/2 | | The X-Files | | Q13 News at 9 | Most Wanted | Name Game | Name Game | Anger Manage | Anger Manage | |
| 29 | ESPN | (29) (5:00) NCAA Baseball Division I Tournament (L) | | | | SportsCenter | | SportsCenter | | SportsCenter | | SportsCenter | | |
| 30 | ESPN2 | (30) O.J.: Made in America "Part Five" Pt. 5 of 5 | | | | 30 for 30 "June 17, 1994" | | 30 for 30 "Celtics/Lakers: Best of Enemies" Pt. 1 of 3 | | | | 30/30 "Celtics/Lakers: Best of Enemies" | | |
| 31 | NICK | (31) The Loud House | Henry Danger | Henry Danger | Henry Danger | Thundermans (N) | Nicky (N) | Henry Danger | Game Shakers | Full House | | Friends | Friends | |
| 32 | DAN | (32) Bunk'd | Bunk'd | Walk the Prank | Walk the Prank | MECH-X4 (N) | Lab Rats: Elite | Bunk'd | Andi Mack | Stuck in Middle | Bizaardvark | K.C. Undercover | K.C. Undercover | |
| 34 | FAM | (34) (4:40) A Bug's Life | (45) *** Cars (2006, Animated) Voices of Paul Newman, Bonnie Hunt, Owen Wilson. | | | (25) ** Cars 2 (2011, Animated) Voices of Owen Wilson, Michael Caine, Larry the Cable Guy. | | | | | | (10) Glee: The Concert Movie | | |
| 35 | FMC | (35) (3:55) The Lord of the Rings: The Fellowship of the Ring | (35) ** The Lord of the Rings: The Fellowship of the Ring (2001, Fantasy) Ian McKellan, Sean Astin, Elijah Wood. | | | | | | | | | | | |
| 36 | LIFE | (36) Seduced by a Stranger (2017, Thriller) Steve Bacic, Cate Sproule, Chandra West. | | The Killing Pact (2017, Thriller) Brian Krause, Melanie Stone, Emily Rose. | | Post-game | MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas | | | Deadly Sorority (2016, Thriller) Chloe Babcock, Moira Kelly, Greer Grammer. | | | | |
| 38 | ROOT | (38) Timbers in 30 (N) | MLS Soccer Portland Timbers at Colorado Rapids (L) | | | Post-game | MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas | | | FIFA Confederations Cup Tonight (L) | | FIA Endurance Racing 24 Hours of Le Mans (L) | | |
| 39 | FS1 | (39) (5:30) NASCAR Truck Racing Gateway 200 (L) | | | | NHRA Drag R. Thunder Valley Nationals | | FIFA Confederations Cup Tonight (L) | | FIA Endurance Racing 24 Hours of Le Mans (L) | | | | |
| 44 | COM | (44) (5:50) ** 50 First Dates (04, Rom) Drew Barrymore, Rob Schneider, Adam Sandler. | | | | IdiotSitter (N) | IdiotSitter (N) | IdiotSitter (SF) (N) | ** 50 First Dates (04, Romance) Drew Barrymore, Rob Schneider, Adam Sandler. | Big Daddy (99) | | Big Daddy (99) | | |
| 45 | HIST | (45) American Pickers "The Mega-Pick" | | American Pickers "Jersey's Jackpot" | | American Pickers "Twin at All Costs" | | Amer. Pickers "Tunnels and Treasures" | (05) American Pickers "Alien vs. Picker" | (05) American Pickers | | (05) American Pickers | | |
| 46 | A&E | (46) (5:00) Live PD | | | | Live PD "Rewind" | | Live PD Live access inside the country's busiest police forces. (L) | | | | | | |
| 47 | TLc | (47) Say Yes-Dress | Say Yes-Dress | Say Yes-Dress | Say Yes-Dress | Say Yes to the Dress "Second-Time" Nellie | | lyths wants a gown to outshine her first. (N) | | | | (05) Say Yes-Dress "Second-Time" | | |
| 48 | DISC | (48) MythBusters "Boomerang Bullet" | | MythBusters | | MythBusters | | MythBusters | | MythBusters | | American Chopper "Shag Bike" | | |
| 49 | NGEO | (49) The Boonies "Worst Case Scenario" | | Boonies "Beyond the Comfort Zone" | | Genius "Einstein: Chapter Eight" | | Hell on Earth: The Fall of Syria and the Rise of ISIS | (45) Hell on Earth: The Fall of Syria and the Rise of ISIS | | | The Fall of Syria and the Rise of ISIS | | |
| 50 | TNT | (50) (5:00) *** The Hunger Games: Catching Fire (13) Jennifer Lawrence. | | | | The Hunger Games: Mockingjay, Part 1 | (14) Donald Sutherland, Josh Hutcherson, Jennifer Lawrence. | Claws "Tirana" | | Claws "Tirana" | | Movie | | |
| 52 | USA | (52) Law & Order: S.V.U. "Annihilated" | | Law & Order: S.V.U. "Pretend" | | Law & Order: S.V.U. "Paternity" | | Law & Order: S.V.U. "Swing" | | Law & Order: S.V.U. "Lunacy" | | Modern Family | Modern Family | |
| 53 | FOOD | (53) GINomous Food | Incredible Edible | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | Diners, Drive-Ins | |
| 54 | HGTV | (54) House Hunters | House Hunters | House Hunters | House Hunters | Property "Collaboration and Teamwork" | | Beachfront Reno (N) | | House Hunters Renovation (N) | | BoughtFarm (N) | BoughtFarm (N) | |
| 56 | FX | (56) (5:30) *** Men in Black 3 (12, Action) Tommy Lee Jones, Josh Brodin, Will Smith. | | Anthony Bourdain "Antarctica" | | Anthony Bourdain "Oman" | | Anthony Bourdain "Ethiopia" | | Anthony Bourdain "Madagascar" | | Champions For Change | | |
| 57 | CNN | (57) Champions For Change (N) | | The Greg Gutfeld Show | | Hannity | | Justice With Judge Jeanine | | The Greg Gutfeld Show | | Fox News Sunday | | |
| 58 | FNC | (58) Justice With Judge Jeanine | | Undercover Boss "ADT" | | Under Boss "Undercover Employee" | | Undercover Boss "Phenix Salons, INC." | | Undercover Boss "Rocket Fizz" | | Paid Program | Paid Program | |
| 61 | CNBC | (61) Boss "Popeye's Louisiana Kitchen" | | Cera, Christopher Mintz-Plasse, Jonah Hill. | | *** Crazy, Stupid, Love. (2011, Comedy/Drama) Ryan Gosling, Julianne Moore, Steve Carell. | | *** Lady in the Lake (46, Myst) Audrey Totter, Leon Ames, Robert Montgomery. | | Punk Vacation (90) Roxanne Rogers. | | Piranha (2010, Horror) Elisabeth Shue. | | |
| 63 | BRAV | (63) *** Superbad (2007, Comedy) Michael Cera, Christopher Mintz-Plasse, Jonah Hill. | | (15) *** Marlowe (1969, Mystery) Carroll O'Connor, Rita Moreno, James Garner. | | The Rock "Johnson." | ** G.I. Joe: The Rise of Cobra (09) Christopher Eccleston, Adewale Akinnuoye-Agbaje. | Country Family Reunion | Country Family Reunion "Kickin' Back" | Hee Haw | | Time Life Library | | |
| 64 | TCM | (64) (5:00) The Big Sleep Humphrey Bogart. | | | | | | | | | | | | |
| 65 | SYFY | (65) (3:00) Inception | ** The Scorpion King (02) Kelly Hu, Steven Brand, Dwayne | | | The Rock "Johnson." | ** G.I. Joe: The Rise of Cobra (09) Christopher Eccleston, Adewale Akinnuoye-Agbaje. | Country Family Reunion | Country Family Reunion "Kickin' Back" | Hee Haw | | Time Life Library | | |
| 69 | RFD | (69) Opry Encore | Dailey and Vincent | Mollie B Polka Party | | | | | | | | | | |

| SUNDAY EVENING | | | | | | | | | | | | | JUNE 18 | |
|----------------|---|------|------|------|------|------|------|------|------|--|--|--|---------|--|
| A | L | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | | | | | |