Cows: Lindsay, Grace took their cows to state fair last year

Ed Hunt photo

Lindsay Hunt with her heifer, Daisy, at the Oregon State Fair.

Continued from Page 1C

Leslie Bennett is the granddaughter of the famous Bill Bennett of BB Cattle Company, which has partnered with Nelson Polled Herefords for 30 years. Bennetts have been a part of 4H for a long time. Sitting around their kitchen table eating grapes and watermelon this year, we picked out a young Bill and wife Norma in a photo from a 4H conference at Washington State University in 1948.

Lessons learned

We don't win. The style these days is for a different type of animal, and the kids we are showing against have mountains more experience under their belt from the summer show circuit. For our heifers, it is often their first chance in a show ring. Yet the girls love it.

For both cows and kids, it is a good warm-up for the county fair in August. The beef barn was empty that first year we brought little Bozo to fair. In the years since, we've seen a little resurgence as more kids and cows come in.

Lindsay and Grace have been good ambassadors for the 4H and for their cows. The heifers are so gentle and tame by fair time that they lay down and let the girls cuddle with them in the straw. Last year, Lindsay and Grace even took their cows to state fair.

After the fair, the bond between the girls and their animals remains such that they can walk up to the old show cows in the field and pet them.

Meanwhile, Lindsay will be a senior next year. She's spent the last two years as a statewide 4H ambassador, traveling all over the Pacific Northwest promoting the benefits of 4H and organizing camps and conferences for teenagers like the one Bill and Norma Bennett attended way back in 1948.

If you ask her what gave her the confidence to do the things she does, she always points you back to training and showing cows and lessons learned along the way.

Ed Hunt is a writer and registered nurse who blogs on medical issues at redtriage.com and on other subjects at theebbtide.blogspot.com. He lives in Grays River, Wash.

THE DAILY ASTORIAN

TV SCHEDULE

Evening listings
FRIDAY—SUNDAY

FRIDAY EVENING — AUGUST 3

A - Charter Astoria/ Seaside - L - Charter Long Beach

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 (N)		Jeopardy!	Wheel of Fortune	Quantico "Who Are You?" (F) (N)		What Would You Do? (N)		20/20		KATU News (N)	(:35) Jimmy Kimmel
-	KOMO	4	KOMO 4 News (N)		Wheel of Fortune	Jeopardy!	Quantico "Who Are You?" (F) (N)		What Would You Do? (N)		20/20		KOMO 4 News (N)	(:35) Jimmy Kimmel
-	KING	5	NBC News (N)	KING 5 News	KING 5 News	Evening	American Ninja Warrior "Miami City Finals"				Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight	Whistleblower (N)		Hawaii Five-0		Blue Bloods "Risk Management"		News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Whistleblower (N)		Hawaii Five-0		Blue Bloods "Risk Management"		KIRO News (N)	(:35) Colbert
8	KGW	-	KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	American Ninja Warrior "Miami City Finals"				Dateline NBC		KGW News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us		News at 10 (N)	Friends	Two and a Half	Two and a Half
10	KOPB	10	Lost L.A.	Business (N)	PBS NewsHour (N)		The Coroner "The Beast of Lighthaven"		Hinterland "Devil's Bridge" Pt. 1 of 2		Hinterland 2/2	(:40) Masterpiece Mystery! "Breathless"		
12	KPTV	12	News (N)	Timbers in 30	Family Feud	Family Feud	The Resident "Lost Love"		The Orville "About a Girl"		10 O'Clock News (N)		News (N)	Page Six TV
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's News (N)		9 O'Clock News (N)		Family Guy	American Dad!	The Game	The Game
-	KCPQ	13	Seahawks Training	Modern Family	Big Bang Theory	Big Bang Theory	The Resident "Lost Love"		The Orville "About a Girl"		Q13 NEWS AT 10 (N)		Most Wanted	The Simpsons
20	TBS	20	Family Guy	Family Guy	Bob's Burgers	Bob's Burgers	My Big Fat Greek Wedding 2 ('16) John Corbett, Elena Kampouris, Nia Vardalos.				★★★ Cinderella (2015, Family) Helena Bonham Carter, Cate Blanchett, Lily James.			
-	KZJO	22	Friends	Friends	WNBA Basketball Minnesota Lynx at Seattle Storm (L)				Q13 News at 9 (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half
29	ESPN	29	Basketball The Tournament (L)				SportsCenter (N)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	(4:30) CFL Football Hamilton vs Montreal (L)			Boxing Golden Boy Antonio Orozco vs. Pablo Cesar Cano (L)				Interruption	First Take The hottest topics in sports are debated.			
31	NICK	31	The Loud House	The Loud House	The Loud House	Henry Danger	Henry Danger	SpongeBob	★★ The SpongeBob SquarePants Movie ('04) Tom Kenny.				Friends	(:35) Friends
32	DISN	32	Stuck in Middle	Big City Greens	Bizaardvark	Bug Juice	Andi Mack	Raven's Home	Big City Greens	Stuck in Middle	Bizaardvark	Bug Juice "Friendship vs. Zombies"		
34	FAM	34	(:15) ★★ What to Expect When You're Expecting ('12) Matthew Morrison, Cameron Diaz.					(:50) ★★ Monster-in-Law (2005, Comedy) Jane Fonda, Michael Vartan, Jennifer Lopez.					The 700 Club	
35	FMC	35	Movie	(:45) ★★ Identity Thief (2013, Comedy) Melissa McCarthy, Amanda Peet, Jason Bateman.					★★★ Prisoners (2013, Thriller) Jake Gyllenhaal, Viola Davis, Hugh Jackman.					
36	LIFE	36	The Closer "Out of Focus"		The Closer "Head Over Heels"		The Closer "Critical Missing"		The Closer "Heroic Measures"		(:05) The Closer "The Other Woman"		(:05) The Closer "Borderline"	
38	ROOT	38	Mariners Access	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)						Post-game	MLB Baseball Toronto Blue Jays at Seattle Mariners		
39	FS1	39	(5:00) BIG3 Basketball (L)				MLB Whiparound (L)		TMZ Sports (N)		Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.		UFC Tonight	
43	SPIKE	43	Mom	Mom	Friends	Friends	Friends	Friends	Friends	Friends	★★ Meet the Fockers (2004, Comedy) Ben Stiller, Dustin Hoffman, Robert De Niro.			
44	COM	44	(:15) The Office	(:50) The Office "The Coup"		(:25) The Office	The Office	The Office	Comedy...Roast "Bruce Willis" Action icon Bruce Willis is taken down a peg or two.				Kevin Hart (N)	Chappelle's Show
45	HIST	45	Ancient Aliens "The Hidden Empire"		Aliens "Decoding the Cosmic Egg"		Ancient Aliens "Island of the Giants"		Ancient Aliens "The Taken" (N)		(:05) Search "Monsters of the Deep" (N)		(:05) Aliens "Aliens and the Secret Code"	
46	A&E	46	(5:00) Live PD				Live PD /(:05) Live PD: Rewind		Live PD Live access inside the country's busiest police forces. (L) (N)					
47	TLC	47	Say Yes-Dress	Say Yes-Dress	Say Yes "There's a Shark in the Salon!"		90 Day Fiancé "Part 2: Will Nicole & Azan Say I Do?" (N)				90 Day Fiancé "Can't Quit on Love" (N)		90 Day Fiancé	
48	DISC	48	Cooper's Treasure "Dragon's Teeth"		Cash Cab		BattleBots (N)		Treasure "Island of Fortune" (N)		Mad Dog Made "Knives that Save Lives"		Cooper's Treasure "Island of Fortune"	
49	NGEO	49	Rocky Mountain "Fugitive Manhunt"		Rocky Mountain "Contraband Corridor"		Monster Fish "Hammerhead Invasion"		Monster Fish "Giant Killer Catfish"		Wicked Tuna: Outer "Overboard" (N)		Monster Fish "Hammerhead Invasion"	
50	TNT	50	NCIS: New Orleans "No Man's Land"		NCIS: New Orleans "Second Chances"		★★★ I Am Legend (2007, Sci-Fi) Alice Braga, April Grace, Will Smith.				★★★ The Fifth Element (1997, Sci-Fi) Milla Jovovich, Gary Oldman, Bruce Willis.			
51	AMC	51	(4:55) Men in Black ('97) Will Smith.		★★★ The Karate Kid (1984, Drama) Pat Morita, Elisabeth Shue, Ralph Macchio.						(:05) ★★ The Karate Kid Part II ('86, Act) Pat Morita, Eddie Smith, Ralph Macchio.			
52	USA	52	Law & Order: S.V.U. "Criminal Stories"		Law&Order: SVU "Beast's Obsession"		Law&Order: SVU "Post-Mortem Blues"		Law & Order: S.V.U. "Thought Criminal"		Modern Family 1/2	Modern Family 2/2	Modern Family	Modern Family
53	FOOD	53	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners...Dives (N)	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	My Dream Home	My Dream Home	Aloha Dream (N)	My Dream Home	House Hunters (N)	House Hunters (N)	House Hunters	House Hunters
56	FX	56	(5:30) ★★★★ Guardians of the Galaxy ('14) Zoe Saldana, Lee Pace, Chris Pratt.				★★★ Iron Man 3 (2013, Action) Gwyneth Paltrow, Guy Pearce, Robert Downey Jr..						Iron Man 3 ('13, Act) Robert Downey Jr..	
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	Hannity		The Ingraham Angle		Fox News @ Night		The Five		Hannity		The Ingraham Angle	
61	CNBC	61	American Greed: Scam		Deadly Rich "The Boy Toy Killer"		Deadly Rich "Bound for Murder"		Deadly Rich "A Glittering Murder"		Deadly Rich "The Dungeon Master"		Paid Program	
63	BRAV	63	(5:00) National Lampoon's Vacation		★★ Miss Congeniality ('00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.				★★ Miss Congeniality ('00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.				Mr. and Mrs. Smith ('05, Act) Brad Pitt.	
64	TCM	64	Movie	Secret of the Blue Room ('33) Gloria Stuart, Lionel Atwill.			★★★ Doctor X (1932, Horror) Fay Wray, Lionel Atwill.			★★★ Absolute Quiet ('36, Action) Irene Hervey, Lionel Atwill.			The Vampire Bat ('32, Hor) Lionel Atwill.	
65	SYFY	65	(4:30) Deja Vu ('06) Denzel Washington.		★★ The Last Witch Hunter (2015, Action) Rose Leslie, Elijah Wood, Vin Diesel.				Wynonna Earp "Colder Weather" (N)		Killjoys "Bro-D Trip" (N)		Futurama	Futurama
162	RFD	162	County Reporter	FarmHer	Chasing-Madison	The Jimmy Dean Show		Rural Eve. News	Country's Family Reunion		County Reporter	Chasing-Madison	Time Life Library	

SATURDAY EVENING — AUGUST 4

A - Charter Astoria/ Seaside - L - Charter Long Beach

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 (N)	Paid Program	Jeopardy!	Wheel of Fortune	The Good Doctor "Intangibles"		20/20		20/20		KATU News (N)	(:35) HonorWrestle
-	KOMO	4	KOMO 4 News (N)		Wheel of Fortune	Jeopardy!	The Good Doctor "Intangibles"		20/20		20/20		KOMO 4 News (N)	(:35) HonorWrestle
-	KING	5	NBC News (N)	KING 5 News (N)	Paid Program	Paid Program	Little Big Shots "Too Many Chefs"		Dateline NBC Investigative features are covered.				KING 5 News (N)	Sat. Night Live
6	KOIN	-	KOIN 6 News (N)	Weekend News (N)	Entertainment Tonight Weekend		Pink Collar Crimes (N)		48 Hours		48 Hours		News (N)	(:35) Amer.Ninja
-	KIRO	7	Weekend News (N)	KIRO 7 News (N)	Entertainment Tonight Weekend		Pink Collar Crimes (N)		48 Hours		48 Hours		KIRO 7 News (N)	(:35) Scandal
8	KGW	-	NBC News (N)	Naturally, Danny	Champion Within	Health Happ. (N)	Little Big Shots "Too Many Chefs"		Dateline NBC Investigative features are covered.				KGW News (N)	Sat. Night Live
9	KRCW	3	Modern Family	Modern Family	Last Man Standng	Last Man Standng	Friends	Friends	Seinfeld	Seinfeld	News at 10 (N)	Pawn Stars	Impractical Jokers	Bones
10	KOPB	10	The Great British Baking Show "Pies"		Travel: ArtWolfe	Steves' Europe	Trekker "Food Hour: Provence, France"		Father Brown "The Cat of Mastigatus"		Hillary "Home"		Masterpiece "Endeavour: Requiem"	
12	KPTV	12	(4:30) Boxing Premier Champions (L)		In Depth	James Brown	★★ The Perfect Score ('04) Erika Christensen, Chris Evans, Scarlett Johansson.				10 O'Clock News (N)		To Hell & Back "Sherman's Restaurant"	
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Portland Timbers	MLS Soccer Philadelphia Union at Portland Timbers (L)				Portland Timbers	Whacked Out	West Coast Wrestling Connection	
-	KCPQ	13	(4:30) Boxing Premier Champions (L)		Seahawks	Big Bang Theory	Two and a Half	Two and a Half	Big Bang Theory	Big Bang Theory	News (N)	Most Wanted	To Hell & Back "Sherman's Restaurant"	
20	TBS	20	Seinfeld Pt. 1 of 2	Seinfeld Pt. 2 of 2	Seinfeld Pt. 1 of 2	Seinfeld Pt. 2 of 2	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	Wild Hogs ('07)
-	KZJO	22	(4:30) MLS Soccer Seattle Sounders FC at Minnesota United FC			The Goldbergs	Modern Family	Modern Family	Q13 News at 9	Most Wanted	Bones "The Crack in the Code"		The X-Files "This Is Not Happening"	
29	ESPN	29	(4:00) HallofFame Enshrine. "2018" (L)			SportsCenter The day's news in the world of sports. (N)			SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	(5:00) Baseball		WTA Tennis Silicon Valley Classic Semifinal (L)				Super Bowl	NFL's Greatest Games		NFL's Greatest Games		
31	NICK	31	The Loud House	Loud House (N)	Henry Danger "Henry and the Bad Girl"		Nicky (N)	Nicky (N)	Full House	Full House	Full House	Full House	Friends	(:35) Friends
32	DISN	32	(:15) To Be Announced				DuckTales	To Be Announced			(:15) DuckTales	(:45) Stuck Middle	(:10) Bunk'd	(:35) Bunk'd
34	FAM	34	(5:10) The Good Dinosaur		(:15) ★★★ Monsters, Inc. ('01) Voices of Billy Crystal, Mary Gibbs, John Goodman.				(:20) ★★★ Monsters University (2013, Animated) John Goodman, Steve Buscemi, Billy Crystal.					(:50) Up ('09, Ani)
35	FMC	35	(:10) ★★ Abraham Lincoln: Vampire Hunter ('12) Rufus Sewell, Benjamin Walker.				(:20) FXM Presents	Dracula Untold (2014, Fantasy) Sarah Gadon, Luke Evans.			(:20) FXM Presents	Poltergeist (2015, Horror) Rosemarie DeWitt, Sam Rockwell.		
36	LIFE	36	Cheerleader Nightmare (2018, Drama)				Killer Twin (2018, Drama) Jason Cermak, Candice Hunter, Lindsay Hartley.				(:05) Stalked by a Reality Star ('18) Emily Bader, Cynthia Preston.			
38	ROOT	38	Mariners Access	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)						Post-game	MLS Soccer Philadelphia Union at Portland Timbers		
39	FS1	39	(4:00) MLB Baseball L.A. A./Cle. (L)		NHRA Drag Racing Northwest Nationals Qualifying			NFL Films	NFL Films	NFL Films	UFC Post-Fight Show		UFC Post-Fight Show	
43	SPIKE	43	(5:00) ★★ Battleship (2012, Sci-Fi) Alexander Skarsgard, Rihanna, Taylor Kitsch.				★★★★ John Wick (2014, Action) Adrianne Palicki, Bridget Moynahan, Keanu Reeves.					★★ The A-Team (2010, Action) Bradley Cooper, Liam Neeson.		
44	COM	44	(4:50) Easy A ('10, Comedy) Emma Stone.		(:55) ★★ Tammy (2014, Comedy) Susan Sarandon, Sarah Baker, Melissa McCarthy.				(:15) ★★ Step Brothers (2008, Comedy) John C. Reilly, Richard Jenkins, Will Ferrell.					(:35) Comedy Roast
45	HIST	45	Pawn Stars "The Smoking Gun"		Pawn Stars	Pawn Stars	Pawn Stars: Pumped Up Enhanced episodes of 'Pawn Stars.'						(:05) Pawn Stars	(:35) Pawn Stars
46	A&E	46	(5:00) Live PD				Live PD /(:05) Live PD: Rewind		Live PD Live access inside the country's busiest police forces. (L) (N)					
47	TLC	47	Say Yes Dress	Say Yes Dress	Say Yes to the Dress: Atlanta		Say Yes to the Dress: Atlanta (N)		Weddings "... And Sorority Sisters" (N)		To Be Announced		(:05) Say Yes to the Dress: Atlanta	
48	DISC	48	Diesel Bros. "Abominable SnowRam"		Diesel Brothers "Busting at the SEMA"		Diesel Brothers The crew builds big and bad trucks. (N)						Ninja "Dig Deep to Survive" (P) (N)	
49	NGEO	49	DrainOcean "Ultimate Battleships"		DrainOcean "Malaysia Airlines 370"		Southern Justice "Gunned Down"		Southern Justice "All in the Family"		SouthJustice "Blue Ridge Bloodshed"		Southern Justice "Gunned Down"	
50	TNT	50	(5:45) ★★★ I Am Legend (2007, Sci-Fi) Alice Braga, April Grace, Will Smith.				★★★★ Mad Max: Fury Road (2015, Action) Charlize Theron, Zoe Kravitz, Tom Hardy.					★★ Real Steel (2011, Sci-Fi) Evangeline Lilly, Hugh Jackman.		
51	AMC	51	(3:55) The Karate Kid Ralph Macchio.		★★★ Deep Impact (1998, Action) Morgan Freeman, Robert Duvall, Elijah Wood.					★★★ Deep Impact (1998, Action) Morgan Freeman, Robert Duvall, Elijah Wood.				
52	USA	52	NCIS "Phoenix"		NCIS "Keep Going"		NCIS	(:45) NCIS "Exit Strategy"		(:25) NCIS	(:10) NCIS	(:50) The Sinner "Part I"		(:50) Queen South
53	FOOD	53	Diners, Drive-Ins "Ultimate Bacon Fest"		Diners, Drive-Ins	Diners, Drive-Ins	Comfort Food (N)	Comfort (SF) (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins
54	HGTV	54	Property Brothers		Property Brothers "Wishful Building"		Fixer "School Spirit Spurs Home Search"		Fixer Upper		BeachRe. "Chesapeake Beach Build" (N)		Mountain Life (N)	Mountain Life (N)
56	FX	56	(5:00) UFC UFC 227 (L)		★★ Transformers: Revenge of the Fallen (2009, Action) Megan Fox, Josh Duhamel, Shia LaBeouf.						★ Daddy's Home (2015, Comedy) Mark Wahlberg, Linda Cardellini, Will Ferrell.			
57	CNN	57	The 2000s "The Platinum Age of Television"				The 2000s "Mission Accomplished"		The 2000s "Quagmire: Bush's 2nd Term"		The 2000s "The i Decade"		2000s "The Platinum Age of Television"	
58	FNC	58	Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World		Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World	
61	CNBC	61	Boss "Build-a-Bear Workshop" (N)		Undercover Boss "PostNet"		Undercover Boss "Alfred Angelo"		Under Boss "Build-a-Bear Workshop"		Under Boss "Build-a-Bear Workshop"		Paid Program	
63	BRAV	63	(5:30) ★★ Mr. and Mrs. Smith ('05, Action) Angelina Jolie, Vince Vaughn, Brad Pitt.				★★★ The Green Mile (1999, Drama) David Morse, Bonnie Hunt, Tom Hanks.							The Green Mile
64	TCM	64	(5:00) Hang 'Em High Clint Eastwood.		(:15) ★★★ Coogan's Bluff (1968, Police) Lee J. Cobb, Susan Clark, Clint Eastwood.					(:45) ★★★ Where Eagles Dare (1968, War) Clint Eastwood, Mary Ure, Richard Burton.				
65	SYFY	65	★★ Escape Plan (2013, Action) Arnold Schwarzenegger, Jim Caviezel, Sylvester Stallone.					★★ National Treasure: Book of Secrets (2007, Adventure) Jon Voight, Ed Harris, Nicolas Cage.					Futurama	Futurama
162	RFD	162	Opry Encore	Dailey and Vincent	Mollie B Polka Party		Larry's Country Diner "Charlie McCoy"		Country's Family Reunion		Hee Haw		Time Life Library	

SUNDAY EVENING — AUGUST 5

A - Charter Astoria/ Seaside - L - Charter Long Beach

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 (N)		America's Funniest Home Videos		Celebrity Family Feud (N)		The $100,000 Pyramid (N)		To Tell the Truth (N)		KATU News (N)	(:35) Castle
-	KOMO	4	KOMO 4 News (N)		America's Funniest Home Videos		Celebrity Family Feud (N)		The $100,000 Pyramid (N)		To Tell the Truth (N)		KOMO 4 News (N)	(:35) Full Measure
-	KING	5	NBC News (N)	KING 5 News (N)	BigShot "Eggcellent Eggsperiment"		America's Got Talent "Judge Cuts Three"				Shades of Blue "Cry Havok" (N)		KING 5 News (N)	(:35) In Depth
6	KOIN	-	KOIN 6 News (N)	Weekend News (N)	60 Minutes		Big Brother (N)		NCIS: Los Angeles		NCIS: Los Angeles "Assets"		News (N)	(:35) Game On
-	KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		Big Brother (N)		NCIS: Los Angeles		NCIS: Los Angeles "Assets"		KIRO 7 News (N)	KIRO 7 News (N)
8	KGW	-	NBC News (N)	Straight Talk	BigShot "Eggcellent Eggsperiment"		America's Got Talent "Judge Cuts Three"				Shades of Blue "Cry Havok" (N)		KGW News (N)	(:35) Sports Sunday
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Two and a Half	Two and a Half	Two and a Half	Two and a Half	News at 10 (N)	Pawn Stars	Pawn Stars	Elementary
10	KOPB	10	Oregon Art Beat	Outdoor Idaho	Great British Baking "Sweet Dough"		Masterpiece Classic "Poldark"		Masterpiece Mystery! "Sherlock: The Six Thatchers"		(:35) The Tunnel (N)			Shakespeare
12	KPTV	12	Family Feud	Family Feud	One Strange Rock "Home"		iHeartCountry Festival Performances from country music stars. (N)				10 O'Clock News (N)		News (N)	In Depth
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's News (N)		9 O'Clock News (N)		Rookie Blue		Blue Bloods "Genetics"	
-	KCPQ	13	Modern Family	Seahawks	One Strange Rock "Home"		iHeartCountry Festival Performances from country music stars. (N)				News (N)	Q It Up Sports	News (N)	Elementary
20	TBS	20	(4:00) Godzilla ('14)	★★ Green Lantern (2011, Action) Blake Lively, Peter Sarsgaard, Ryan Reynolds.					★★ Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd.					Sky High ('05, Adv)
-	KZJO	22	Friends	Friends	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Q13 News at 9 (N)	Q It Up Sports	Mom	Mom	Anger Manage	Anger Manage
29	ESPN	29	(5:00) MLB Baseball New York Yankees at Boston Red Sox (L)				SportsCenter The day's news in the world of sports. (N)			SportsCenter The day's news in the world of sports.			SportsCenter	
30	ESPN2	30	Baseball Intermediate World Series (L)				eSports (L)						E:60	
31	NICK	31	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Norm of the North ('16, Ani) Voices of Heather Graham, Ken Jeong, Rob Schneider.				Full House	Full House	Friends	(:35) Friends
32	DISN	32	(:15) To Be Announced				DuckTales	To Be Announced			(:15) DuckTales	(:45) Stuck Middle	(:10) Bunk'd	(:35) Bunk'd
34	FAM	34	(5:15) Monsters, Inc.		(:20) ★★★ Monsters University (2013, Animated) John Goodman, Steve Buscemi, Billy Crystal.					(:50) ★★★★ Up (2009, Animated) Voices of Christopher Plummer, Delroy Lindo, Edward Asner.				
35	FMC	35	(4:00) The Martian	(:50) ★★★ The Martian (2015, Adventure) Jessica Chastain, Kate Mara, Matt Damon.						(:40) FXM Presents /(:45) ★★★ Les Misérables ('12) Russell Crowe, Anne Hathaway, Hugh Jackman.				
36	LIFE	36	Killer Twin (2018, Drama) Jason Cermak, Candice Hunter, Lindsay Hartley.				A Sister's Secret (2018, Drama) Paula Abdul, Donny Boaz, Margaret Anne Florence.				(:05) The Wrong Cruise ('18) William McNamara, Andres Londono, Vivica A. Fox.			
38	ROOT	38	(5:30) MLS Soccer Philadelphia Union at Portland Timbers			Post-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash.						Post-game	WPT Poker
39	FS1	39	MFL Soccer León at Tijuana (L)				Boxing Premier Champions Andre Berto vs. Devon Alexander Site: Nassau Veterans Memorial Coliseum					NHRA Drag Racing Northwest Nationals		
43	SPIKE	43	Bar Rescue "Casually Tapped Out"		Bar Rescue "Pole With a Purpose"		Bar Rescue "Phising for Answers"		Bar Rescue		Bar Rescue "The Unwanted Saloon" (N)		Yellowstone "The Remembering"	
44	COM	44	(4:45) Big Daddy	(:50) ★★ Step Brothers (2008, Comedy) John C. Reilly, Richard Jenkins, Will Ferrell.					(:10) ★ Zoolander 2 (2016, Comedy) Owen Wilson, Will Ferrell, Ben Stiller.					Big Daddy ('99)
45	HIST	45	American Pickers "Time Warp"		American Pickers "Hello Jell-O"		Pickers "Cowzilla in Colorado"		The Rise and Fall Explore the notorious Pablo Escobar's life and capture. (N)				(:05) American Pickers "The Joy of Sax"	
46	A&E	46	Ancient Aliens "The Mysterious Nine"		Ancient Aliens "The Returned"		Ancient Aliens "The Power of Three"		Ancient Aliens "Return to Gobekli Tepe"		Aliens "The Mystery of Rudloe Manor"		(:05) Aliens "The Majestic Twelve"	
47	TLC	47	90 Day Fiancé: Before the 90 Days "Countdown to the New Season" (N)				90 Day Fiancé "And So It Begins" Rachel and a baby head overseas to England. (N)				(:05) Unexpected (N)		(:10) 90 Day Fiancé "And So It Begins"	
48	DISC	48	Naked and Afraid "Beware the Bayou"		Naked and Afraid: Uncensored "Naked and Afraid of Sharks"				Naked and Afraid (N)		Ultimate Ninja "Dig Deep to Survive"		Naked and Afraid	
49	NGEO	49	Wild Galapagos		Wicked Tuna "Narrow Escapes" (N)		Wicked Tuna "Redemption" (N)		Y.Stone "Inside the Supervolcano" (N)		Yellowstone "Land of Extremes" (N)		Wicked Tuna "Redemption"	
50	TNT	50	★★★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.						Claws "Til Death" (N)		Claws "Til Death"		The Joker's Wild	The Joker's Wild
51	AMC	51	(5:25) Dead	(:35) The Walking Dead "Worth"		(:50) The Walking Dead "Wrath" All-out war unfolds.			Dead "Season Nine Preview Special" (N)		Preacher "Hilter" (N)		(:05) Talking With Chris Hardwick (N)	
52	USA	52	Law & Order: S.V.U. "Bullseye"		Law & Order: S.V.U. "True Believers"		Law&Order: SVU "Wonderland Story"		Law&Order: SVU "Spring Awakening"		Law&Order: SVU "Fashionable Crimes"		Modern Family	Modern Family
53	FOOD	53	Guy's Game "Guy's Summer Games"		Guy's Game "GGG's Salute To Summer"		CookOff "All-American Party" (P) (N)		Food Network Star (N)		Beat Flay (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
54	HGTV	54	Beach Hunters	Beach Hunters	Beach Hunters	Beach Hunters	Bargain Hunt (N)	Bargain Hunt (N)	Caribbean Life (N)	Caribbean Life (N)	Hawaii Life (N)	Hawaii Life (N)	House Hunters	House Hunters
56	FX	56	★ Daddy's Home (2015, Comedy) Mark Wahlberg, Linda Cardellini, Will Ferrell.				★★★ Ghostbusters (2016, Action) Kristen Wiig, Kate McKinnon, Melissa McCarthy.						Ghostbusters ('16) Melissa McCarthy.	
57	CNN	57	The 2000s "The Financial Crisis" (N)		History ofComedy "Gone Too Soon" (N)		History ofComedy "Drawn to Be Funny"		The 2000s "The Financial Crisis"		History of Comedy "Gone Too Soon"		CNN Newsroom	
58	FNC	58	The Next Revolution		Life, Liberty & Levin		OBJECTified		The Next Revolution		Life, Liberty & Levin		Fox News Sunday	
61	CNBC	61	The Profit "Baby Bump"		The Profit "Simply Slices"		The Profit "Montiel"		The Profit "Diaper Dude"		The Profit		Paid Program	
63	BRAV	63	Housewives P. "Au Revoir Drama"		The Real Housewives of Potomac		Housewives Potomac (SF) (N)		The Real Housewives of Potomac		The Real Housewives "Tres Amigas"		Watch What (N)	Housewives P.
64	TCM	64	(5:00) Bringing Up Baby Cary Grant.		★★★ Desk Set (1957, Romance) Spencer Tracy, Joan Blondell, Katharine Hepburn.				★★★★ Stage Door ('37) Ginger Rogers, Katharine Hepburn.			(:45) ★★★ Without Love ('45) Spencer Tracy.		
65	SYFY	65	(5:30) ★★ National Treasure: Book of Secrets ('07) Jon Voight, Nicolas Cage.				★★★ Rush Hour (1998, Action) Chris Tucker, Tom Wilkinson, Jackie Chan.				(:05) ★★ Rush Hour 3 (2007, Action) Jackie Chan, Roman Polanski, Chris Tucker.			
162	RFD	162	Joey + Rory Show	FarmHer	SF Machinery	This Week in AgriBusiness		Georgia Farm (N)	Gentle Giants	Tractor Pulling	Classic Tractor "For a Special Purpose"		Time Life Library	