Thursday Evening — June 20

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! (N)	Wheel of Fortune	Holey "Putt Up or Shut Up" (P) (N)		Food "Meet the Families: Part 1" (P) (N)		Reef Break "Pilot" (P) (N)		News (N)	(:35) Jimmy Kimmel
-	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy! (N)	Holey "Putt Up or Shut Up" (P) (N)		Food "Meet the Families: Part 1" (P) (N)		Reef Break "Pilot" (P) (N)		KOMO4News (N)	(:35) Jimmy Kimmel
-	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	The Wall "Rebekah and Chris" (SP) (N)		The Wall "Valencia and Essence" (N)		Law & Order: S.V.U. "Plastic"		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight (N)	Big Bang Theory	Young Sheldon	Life in Pieces (N)	Life in Pieces (N)	Elementary "Into the Woods" (N)		KOIN6News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	Big Bang Theory	Young Sheldon	Life in Pieces (N)	Life in Pieces (N)	Elementary "Into the Woods" (N)		KIRO 7 News (N)	(:35) Colbert
8	KGW	-	KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	The Wall "Rebekah and Chris" (SP) (N)		The Wall "Valencia and Essence" (N)		Law & Order: S.V.U. "Plastic"		News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	iZombie "Death of a Car Salesman" (N)		In-Dark "Rollin' With the Homies" (N)		News (N)	Friends	Two and a Half	Two and a Half
10	KOPB	10	Travel Detective	Business (N)	PBS NewsHour (N)		Oregon Art Beat	Outdoor Idaho	Vera "Blind Spot"		Masterpiece Mystery!		"Grantchester"	
12	KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	Chef "The Blind Chicken Show" (N)		Spin-Wheel "Konzelman Family" (P) (N)		10 O'Clock News (N)		News (N)	Page Six TV
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9pm Prime News (N)		Big Bang Theory	Family Guy	American Dad!	The Game 1/2
-	KCPQ	13	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Chef "The Blind Chicken Show" (N)		Spin-Wheel "Konzelman Family" (P) (N)		Q13 NEWS AT 10 (N)		News (N)	The Simpsons
20	TBS	20	Family Guy	The Detour	Big Bang Theory	Big Bang Theory	Seinfeld	Seinfeld	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Conan	The Detour
-	KZJO	22	Friends	Mom	Mom	Modern Family	Q13 News at 8:00 p.m. (N)		Q13 News at 9:00 p.m. (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half
29	ESPN	29	(4:30) NBA Draft Site: Barclays Center -- Brooklyn, N.Y. (L)						SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	(5:00) NCAA Baseball Division I Tournament (L)				To Be Announced		UFC Knockouts (N)	UFC Flashback	UFC "Jon Jones vs. Lyoto Machida"		Now or Never (N)	UFC Main Event
31	NICK	31	The Loud House	The Loud House	Are You Smarter	SpongeBob "Truth or Square"		LEGO Batman: The Movie - DC Super Heroes Unite			Friends	Friends	Friends Pt. 1 of 2	Friends Pt. 2 of 2
32	DISN	32	Raven's Home	Sydney to the Max	Just Roll With It	Bunk'd	Bunk'd (SP) (N)	Bunk'd	Coop & Cami	Sydney to the Max	Amphibia	Big City Greens	Bunk'd	Andi Mack
34	FAM	34	(5:30) The Divergent Series: Allegiant ('16) Theo James, Shailene Woodley.				Siren "All In" (N)		★★ Cookeeper (2011, Comedy) Rosario Dawson, Leslie Bibb, Kevin James.			The 700 Club		
35	FMC	35	(4:35) After Earth ★ After Earth (2013, Adventure) Jaden Smith, David Denman, Will Smith.						(:25) Morgan (2016, Drama) Anya Taylor-Joy, Kate Mara.		(:20) Trust Me (2013, Comedy) Felicity Huffman, Allison Janney, Clark Gregg.			
36	LIFE	36	LW Atlanta "For Better or Worse"		LW Atlanta "Maid of Dishonor"		Little Women "Crazy, Stupid Love" (N)		LW Atlanta "Stealing My Shine" (N)		(:05) Ms. T's "Fight Night" (N)		(:05) Women (N) /(:15) LittleW.	
38	ROOT	38	MarinersSpot. (N)	MarinersPre-game	MLB Baseball Baltimore Orioles at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)						Post-game	MLB Baseball Baltimore Orioles at Seattle Mariners		
39	FS1	39	Gold Cup	CONCACAF Soccer	Gold Cup Costa Rica vs. Bermuda (L)				Fox Soccer Tonight (L)		FIFA Soccer World Cup Sweden vs. United States Women's Group F			Soccer Tonight
43	SPIKE	43	Mom	Mom	Mom	★★★★ The Goonies (1985, Adventure) Corey Feldman, Josh Brolin, Sean Astin.					Lip Sync Battle (N)	★★★★ The Goonies ('85, Adv) Corey Feldman, Sean Astin.		
44	COM	44	(:15) The Office (:50) The Office "Weight Loss"			(:25) The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Daily Show (N)	(:35) Klepper (N)
45	HIST	45	Mountain Men "Escape to the Wild"		Mountain Men "New Blood"		Mountain Men "Polar Vortex"		Mountain Men "Darkness Falls" (N)		(:05) Alone "Up in Flames" (N)		(:05) Mountain Men "New Blood"	
46	A&E	46	PD Cam	PD Cam	PD Cam	PD Cam	PD Cam	PD Cam	PD Cam	PD Cam (N)	Hero Ink (N)	Hero Ink (N)	(:05) PD Cam	(:35) PD Cam
47	TLC	47	(5:00) 90 Day Fiancé "Nowhere to Run"		Say Yes-Dress "Empire State of Bride"		My 600-lb Life "Supersized: Sean" (N)				Dr. Pimple Popper		Untold Stories "Beyond Recognition"	
48	DISC	48	Naked and Afraid "Brazil"		Naked and Afraid "Honduran Hell"		Naked & Afraid "Mexico: Cayo Venado"		Naked and Afraid "Mayan Misery"		To Be Announced		Naked and Afraid "Yucatan"	
49	NGEO	49	Life Below Zero "Trial by Fire"		Life Below 0 "Window of Opportunity"		Life Below Zero "Winds of Change"		Life Below Zero "The Burning Man"		Life Below Zero "Open Season"		Life Below Zero "Winds of Change"	
50	TNT	50	Bones "The Signs in the Silence"		★★ Flight (2012, Drama) Nadine Velazquez, Carter Cabassa, Denzel Washington.						AFI Life Award "A Tribute to Denzel Washington" (N)			AFI Life Award
51	AMC	51	(5:30) ★★ The Expendables 3 ('14, Action) Jason Statham, Jet Li, Sylvester Stallone.				★★★ War Dogs (2016, Comedy) Miles Teller, Ana de Armas, Jonah Hill.				★★★ 300 (2006, Epic) Lena Headey, Gerard Butler.			
52	USA	52	Law & Order: S.V.U. "Child's Welfare"		Law&Order: SVU "Great Expectations"		Law & Order: S.V.U. "No Surrender"		Law & Order: S.V.U. "Genes"		Queen South "Hospitalidad Sureña" (N)		Law & Order: S.V.U. "Net Worth"	
53	FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Chopped "The Big Scoop"		Chopped "Scoop's On!"		Chopped "Team Ice Cream" (N)		Beat Flay (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
54	HGTV	54	Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Christina on (N)	Unspouse My H (N)	House Hunters (N)	House Hunters (N)	House Hunters	House Hunters*
55	FX	56	(4:30) ★★★ Kingsman: The Secret Service Taron Egerton.				★★★ Captain America: The First Avenger (2011, Action) Hugo Weaving, Hayley Atwell, Chris Evans.				Baskets (N)	Baskets	Baskets	Movie
57	CNN	57	Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight With Don Lemon	
59	FNC	58	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
60	CNBC	61	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Paid Program	Paid Program
63	BRAV	63	Housewives "It's Not You, It's Miami"		The Real Housewives		Real Housewives "Life Is Not a Cabaret"		The Real Housewives (N)		Watch What (N)	The Real Housewives		H'wood Med
64	TCM	64	(5:00) ★★★ The Great Escape ('63) James Garner, Steve McQueen.				(:15) ★★★★ The Bridge on the River Kwai (1957, War) Alec Guinness, Sessue Hayakawa, William Holden.							(:15) The Guns of Navarone
65	SYFY	65	(5:30) ★★★★ Arrival (2016, Drama) Jeremy Renner, Forest Whitaker, Amy Adams.				★★ Minority Report (2002, Sci-Fi) Colin Farrell, Samantha Morton, Tom Cruise.							(:15) Krypton "Ghost in the Fire"
162	RFD	162	Chasing (N)	Small Town (N)	Rural America 'Live' (L)		Steve Lantvit	Rural Ev. News	Grown	Farm Monitor	Chasing-Madison	Small Town	Time Life Library	

Friday Evening — June 21

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! (N)	Wheel of Fortune	Agents of SHIELD "Inescapable" (N)		20/20 Interviews and hard-hitting investigative reports.				News (N)	(:35) Jimmy Kimmel
-	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy! (N)	Agents of SHIELD "Inescapable" (N)		20/20 Interviews and hard-hitting investigative reports.				KOMO4News (N)	(:35) Jimmy Kimmel
-	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News Special		American Ninja Warrior "Oklahoma City City Qualifiers"				Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight (N)	Whistleblower (N)		Hawaii 5-0 "Mai Ka Po Mai Ka 'Oia'i'o"		Blue Bloods "My Brother's Keeper"		KOIN6News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	Whistleblower (N)		Hawaii 5-0 "Mai Ka Po Mai Ka 'Oia'i'o"		Blue Bloods "My Brother's Keeper"		KIRO 7 News (N)	(:35) Colbert
8	KGW	-	KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	American Ninja Warrior "Oklahoma City City Qualifiers"				Dateline NBC		News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Illusion (N)	Illusion (N)	The Big Stage (N)	The Big Stage (N)	News (N)	Friends	Two and a Half	Two and a Half
10	KOPB	10	In the Americas	Business (N)	PBS NewsHour (N)		And Then There Were None		Masterpiece "Downton Abbey, Series II"		Masterpiece Classic "Indian Summers"		MAKERS "Women in Hollywood"	
12	KPTV	12	News (N)	Timbers in 30	Family Feud	Family Feud	Beat Shazam "Bi-Coastal Battle Royale"		MasterChef "Gordon's Mystery Box"		10 O'Clock News (N)		News (N)	Page Six TV
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9pm Prime News (N)		Big Bang Theory	Family Guy	American Dad!	The Game 2/2
-	KCPQ	13	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Beat Shazam "Bi-Coastal Battle Royale"		MasterChef "Gordon's Mystery Box"		Q13 NEWS AT 10 (N)		Most Wanted	The Simpsons
20	TBS	20	Family Guy	Family Guy	★★★ The LEGO Batman Movie ('17) Zach Galifianakis, Michael Cera, Will Arnett.				★★★ The LEGO Batman Movie ('17) Zach Galifianakis, Michael Cera, Will Arnett.				ELeague	
-	KZJO	22	Friends	Mom	Mom	WNBA Basketball	Los Angeles Sparks vs. Seattle Storm (L)			Q13 News (N)	Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half
29	ESPN	29	(4:00) NCAA Baseball		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	CFL Football British Columbia Lions at Edmonton Eskimos Site: Commonwealth Stadium -- Edmonton, Alta. (L)						NFL Live			Max on Boxing	Now or Never (N)	UFC Flashback
31	NICK	31	The Loud House	The Loud House	The Loud House	The SpongeBob Movie: Sponge Out of Water ('15) Antonio Banderas.				SpongeBob	Friends	Friends	Friends	Friends
32	DISN	32	Andi Mack	(:25) Back of the Net ('7, Fam) Christopher Kirby, Sofia Wylie.			Andi Mack (N)	Andi Mack (N)	Sydney to the Max	Just Roll With It	Amphibia	Big City Greens	Andi Mack	Andi Mack
34	FAM	34	(5:30) ★★ The Parent Trap (1998, Family) Dennis Quaid, Natasha Richardson, Lindsay Lohan.						★★ Finding Dory ('16, Animated) Albert Brooks, Hayden Rolence, Ellen DeGeneres.			Grown-ish	The 700 Club	
35	FMC	35	(4:30) The Heat ('13, Comedy) Melissa McCarthy, Michael McDonald, Sandra Bullock.						(:10) ★★★★ American Hustle (2013, Drama) Amy Adams, Jennifer Lawrence, Christian Bale.					
36	LIFE	36	(5:30) ★★★ Unfaithful (2002, Thriller) Diane Lane, Olivier Martinez, Richard Gere.				Unforgettable (2017, Thriller) Katherine Heigl, Geoff Stults, Rosario Dawson.					(:35) I Am Watching You ('16) Brian Ames, Madeline Zima.		
38	ROOT	38	Mariners Access	MarinersPre-game	MLB Baseball Baltimore Orioles at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)						Post-game	MLB Baseball Baltimore Orioles at Seattle Mariners		
39	FS1	39	Gold Cup	CONCACAF Soccer	Gold Cup Honduras vs. Curacao (L)		Fox Soccer Tonight (L)			NHRA Drag Racing		FIFA Soccer World Cup Sweden vs. United States		
43	SPIKE	43	★★★ Rocky (1976, Drama) Burt Young, Burgess Meredith, Sylvester Stallone.						★★★ Rocky IV (1985, Drama) Talia Shire, Carl Weathers, Sylvester Stallone.				Rocky (1976, Drama) Sylvester Stallone.	
44	COM	44	(:15) South Park (:50) South Park "A Million Little Fibers"			(:25) South Park	South Park	South Park	South Park	South Park	Kevin Hart: Seriously Funny		Hart of the City (N)	Hart of City (N)
45	HIST	45	Aliens "The Da Vinci Conspiracy"			Ancient Aliens "Pyramids of Antarctica"	Ancient Aliens: Dec. "Element 115" (N)		Aliens "The Star Gods of Sirius" (N)		(:05) Unidentified "UFO Fleet" (N)		(:05) Ancient Aliens "The Alien Hunters"	
46	A&E	46	(5:00) Live PD				Live PD: Roll Call /(:05) 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	90 Day Fiancé: Happily Ever After? "Extended: Nowhere to Run" (N)				90 Day "Extended: Big Expectations" (N)		Mother "Extended: Am I Invited?" (N)	
48	DISC	48	BattleBots		BattleBots		BattleBots "Don't FLIP OUT!" (N)				Savage Builds		(:05) TheGlades "Snakes in the Dark"	
49	NGEO	49	Drain "Mysteries of the China Seas"		DrainOcean "Secrets of New York City"		Drain the Ocean "WWII"		Drain the Oceans "Killer U-Boats"		Drain the Oceans "Deadly Pacific"		Drain the Ocean "WWII"	
50	TNT	50	Bones "The Male in the Mail"		Bones "The Twist in the Twister"		★★★ Shooter (2007, Action) Michael Peña, Danny Glover, Mark Wahlberg.						★★★ Shooter (2007, Action) Michael Peña, Mark Wahlberg.	
51	AMC	51	(5:30) ★★★ War Dogs (2016, Comedy) Miles Teller, Ana de Armas, Jonah Hill.				★★ The Great Outdoors ('88, Com) John Candy, Stephanie Faracy, Dan Aykroyd.				★★ Summer Rental (1985, Comedy) Rip Torn, Richard Crenna, John Candy.			
52	USA	52	Law & Order: S.V.U. "Manhattan Vigil"		Law & Order: S.V.U. "Friending Emily"		Boo! A Madea Halloween (2016, Comedy) Bella Thorne, Cassi Davis, Tyler Perry.					(:25) Modern Fam	(:55) Modern Fam	(:25) Modern Fam
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	Property Bros. "Tight Transformation"		Property Bros. "Cheer-tastic Design"		My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home
55	FX	56	(5:30) ★★★ Captain America: The First Avenger ('11) Hugo Weaving, Chris Evans.				★★★★ Captain America: The Winter Soldier (2014, Action) Scarlett Johansson, Sebastian Stan, Chris Evans.						Daddy's Home ('15, Com) Will Ferrell.	
57	CNN	57	Cuomo Prime Time		CNN Tonight With Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Newsroom	
59	FNC	58	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
60	CNBC	61	Under Boss "Build-a-Bear Workshop"		Undercover Celeb "Gabby Douglas"		Undercover Boss "Twin Peaks"		Undercover Boss "Orkin"		Under Boss "Buffalo Wings and Rings"		Paid Program	Paid Program
63	BRAV	63	(5:30) South/ Charm	★★ Something Borrowed (2011, Comedy/Drama) Kate Hudson, Colin Egglesfield, Ginnifer Goodwin.					★★ Something Borrowed (2011, Comedy/Drama) Kate Hudson, Colin Egglesfield, Ginnifer Goodwin.					Bride Wars ('09)
64	TCM	64	(5:00) ★★★ Irma La Douce ('63) Jack Lemmon.				★★★★ Sabrina ('54, Rom) Audrey Hepburn, William Holden, Humphrey Bogart.		★★★★ Love in the Afternoon ('57) Audrey Hepburn, Gary Cooper.					Movie
65	SYFY	65	(5:30) ★★★ The Mummy ('99, Adv) Rachel Weisz, John Hannah, Brendan Fraser.				★★ The Mummy Returns (2001, Adventure) Rachel Weisz, John Hannah, Brendan Fraser.						(:55) Futurama	Futurama
162	RFD	162	Texas-Reporter	FarmHer	SF Machinery	The Jimmy Dean Show		Rural News (N)	C. Reunion "Country's Unbroken Circle"		Texas-Reporter	SF Machinery	Time Life Library	

Saturday Evening — June 22

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	Shark Tank		The Good Doctor "Empathy"		The Rookie "The Shake Up"		News (N)	(:35) HonorWrestle
-	KOMO	4	KOMO4News (N)		Wheel of Fortune	Jeopardy!	Shark Tank		The Good Doctor "Empathy"		The Rookie "The Shake Up"		KOMO4News (N)	(:35) HonorWrestle
-	KING	5	NBC News (N)	KING 5 News (N)	Paid Program	Paid Program	Songland "Jonas Brothers"		Dateline NBC Investigative features are covered.				KING 5 News (N)	Sat. Night Live
6	KOIN	-	(5:00) BIG3 Basketball (L)		KOIN 6 News Special Edition (N)		Entertainment Tonight Weekend		Paid Program	Paid Program	48 Hours (N)		KOIN6News (N)	(:35) Amer.Ninja
-	KIRO	7	(5:00) BIG3 Basketball (L)		KIRO 7 News (N)		Entertainment Tonight Weekend		Wipeout "At Full Tilt"		48 Hours (N)		KIRO 7 News (N)	(:35) Grown
8	KGW	-	NBC News (N)	Straight Talk	Inside Edition	Grant's Getaways	Songland "Jonas Brothers"		Dateline NBC Investigative features are covered.				News (N)	Sat. Night Live
9	KRCW	3	Modern Family	Modern Family	Mom	Mom	Two and a Half	Two and a Half	Two and a Half	Two and a Half	News (N)	Seinfeld	Seinfeld	Impractical Jokers
10	KOPB	10	Great British Baking "Desserts"		Travel: ArtWolfe	Steves' Europe	Doc Martin "It's Good to Talk"		Brown "The Demise of the Debutante"		The Bletchley Circle "Iron in War"		The Tunnel	
12	KPTV	12	(4:00) MLB Baseball (L)		In Depth	Whacked Out	Pretty Bird (2008, Comedy) Paul Giamatti, David Hornsby, Billy Crudup.				10 O'Clock News (N)		MasterChef Junior "Kidz Bop Kitchen"	
13	KPDX	-	Mike & Molly	People Now	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9pm Prime News (N)				NCIS: New Orleans "Mirror, Mirror"	Saving Hope "Hearts of Glass"
-	KCPQ	13	(4:00) MLB Baseball Hou./N.Y. Y. (L)		Big Bang Theory	Big Bang Theory	TMZ		Big Bang Theory	Big Bang Theory	News (N)	Most Wanted	MasterChef Junior "Kidz Bop Kitchen"	
20	TBS	20	★★★ The LEGO Batman Movie ('17) Zach Galifianakis, Michael Cera, Will Arnett.				Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	The Detour
-	KZJO	22	Pawn Stars	Pawn Stars	Modern Family	Modern Family	Modern Family	Modern Family	Q13 News (N)		Most Wanted	Bones "The Heiress in the Hill"		Person of Interest "Shotseeker"
29	ESPN	29	(4:00) NCAA Baseball		SportsCenter (N)		SportsCenter (N)				SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	(5:00) 30 for 30 "The Two Escobars"		Cornhole Bag Brawl						UFC UFC Fight Night 154 Renato Moicano takes on The Korean Zombie. Preliminaries Site: Bon Secours Wellness Arena			
31	NICK	31	Are You Smarter	Are You Smarter	Henry Danger	Henry Danger	Henry Danger (N)	All That (N)	Full House 1/2	Full House 2/2	Friends	Friends	Friends	(:35) Friends
32	DISN	32	(5:30) ★★★★ The Incredibles ('04) Craig T. Nelson.		Raven's Home	Sydney to the Max	Just Roll With It	Andi Mack	Bunk'd	Bunk'd	Amphibia	Big City Greens	Raven's Home	Andi Mack
34	FAM	34	(5:50) ★★ Finding Dory ('16, Ani) Albert Brooks, Hayden Rolence, Ellen DeGeneres.				(:55) ★★★★ Toy Story ('95, Ani) Voices of Tim Allen, Don Rickles, Tom Hanks.						(:55) ★★★ Toy Story 2 ('99, Ani) Voices of Tim Allen, Kelsey Grammer, Tom Hanks.	
35	FMC	35	(4:45) ★★★ The Wolf of Wall Street (2013, Drama) Jonah Hill, Kyle Chandler, Leonardo DiCaprio.				(:25) ★★★ The Wolf of Wall Street (2013, Drama) Jonah Hill, Kyle Chandler, Leonardo DiCaprio.							
36	LIFE	36	Tempting Fate (2019, Drama) Steve Kazee, Zane Holtz, Alyssa Milano.				To Have and To Hold (2019, Drama) (P)						(:05) The Twisted Son (2019, Thriller) Eric Osborne, Tygh Runyan, Andrea Roth.	
38	ROOT	38	(5:30) Champions Tennis Champions Cup				WCC All-Access		MLS Soccer Houston Dynamo at Portland Timbers (L)				Post-game	MarinersPre-game MLB Baseball Baltimore vs Seattle
39	FS1	39	(5:00) CONCACAF Soccer Gold Cup (L)		NASCAR Truck Racing Gateway 200 Site: World Wide Technology Raceway at Gateway (L)						Fox Soccer Tonight (L)		CONCACAF Soccer Gold Cup USA vs Trinidad/Tobago	
43	SPIKE	43	(:55) ★★★★ Creed (2015, Sport) Sylvester Stallone, Tessa Thompson, Michael B. Jordan.						Mixed Martial Arts Bellator 223		Gegard Mousasi vs.		Rafael Lovato Jr. Site: SSE Arena -- London, England (L)	
44	COM	44	(:20) The Office "Prince Family Paper"		(:55) The Office	CHIPS (2017, Action) Michael Peña, Rosa Salazar, Dax Shepard.							★★★ 21 Jump Street (2012, Action) Channing Tatum, Ice Cube, Jonah Hill.	
45	HIST	45	Ancient Aliens "Alien Breeders"		Aliens "The Badlands Guardian"		Ancient Aliens: Declassified "Otherworldly Evidence" Scholars discuss colonizing beyond Earth. (N)							
46	A&E	46	(5:00) Live PD				Live PD: Roll Call /(:05) Live PD: Rewind		Live PD Live access inside the country's busiest police forces. (L)					
47	TLC	47	Untold Stories of the ER "Plastered!"		Untold Stories "Chocolate Pudding"		90 Fiancé "Pillow Talk: Severed Ties"		Fiancé "Pillow Talk: into the Lion's Den"		90 Fiancé "Pillow Talk: Nowhere to Run"		90 Day Fiancé "Big Expectations"	
48	DISC	48	Abandoned "Treasure of Outlaw Valley"		Myst. of Abandoned "Escobar's Castle"		Abandoned "Haunting on Plague Island"		Mys. Abandoned "Nazi Ghost Town"		To Be Announced		To Be Announced	
49	NGEO	49	Hostile Planet "Deserts"		Hostile Planet "Polar"		Galapagos Savage, bizarre, hellish and beautiful.						Hostile Planet "Oceans"	
50	TNT	50	(5:45) ★★★ Blended (2014, Comedy) Drew Barrymore, Bella Thorne, Adam Sandler.				Beauty and the Beast (2017, Family) Dan Stevens, Luke Evans, Emma Watson.						★★★ This Is 40 (2012, Comedy) Leslie Mann, Paul Rudd.	
51	AMC	51	★★ Pearl Harbor (2001, War) Kate Beckinsale, Josh Hartnett, Ben Affleck.				The Son "The Bear" (N)				The Son "The Bear"		Top Gun (1986, Action) Tom Cruise.	
52	USA	52	★★★ Wedding Crashers (2005, Comedy) Vince Vaughn, Rachel McAdams, Owen Wilson.					★★ Sweet Home Alabama (2002, Comedy) Candice Bergen, Josh Lucas, Reese Witherspoon.					Wedding Crashers ('05) Owen Wilson.	
53	FOOD	53	Diners, Drive-Ins "Extra Helpings"		Diners, Drive-Ins "Late Night Legends"		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	Fixer "A Modern Cabin Makeover"		Fixer Upper		Love/List "All About That Basement"		Love It/List It "Mother-in-law Matters"		Love It/List It "Betting the Horse Farm"		Love It or List It "Master Office Issues"	
55	FX	56	(5:00) ★★★★ Captain America: The Winter Soldier ('14) Chris Evans.				★★★ Jack Reacher (2012, Action) Rosamund Pike, Richard Jenkins, Tom Cruise.						Pose "Worth It"	
57	CNN	57	The Sixties "Television Comes of Age"		The '60's "Sex, Drugs, and Rock & Roll"		The Sixties "The Space Race"		The Sixties "The British Invasion"		The Sixties		The Sixties "The World on the Brink"	
59	FNC	58	Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World		Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World	
60	CNBC	61	Justice Boss "Buffalo Wings and Rings"		Undercover Celeb "Deion Sanders"		Undercover Boss "Mayor of Pittsburgh"		Boss "Kampgrounds of America (KOA)"		Under Boss "The Tilted Kilt Sports Pub"		Paid Program	Paid Program
63	BRAV	63	(3:30) TBA		★★ Vacation (2015, Comedy) Christina Applegate, Leslie Mann, Ed Helms.			To Be Announced						Funny People ('09)
64	TCM	64	(5:00) Dog Day Afternoon Al Pacino.		(:15) ★★★ Scarecrow (1973, Drama) Al Pacino, Dorothy Tristan, Gene Hackman.						(:15) ★★★ Shadow on the Wall ('50) Zachary Scott, Gigi Perreau, Ann Sothern.		Bad Seed (2000, Thriller) Luke Wilson.	
65	SYFY	65	(5:45) ★★ The Mummy: Tomb of the Dragon Emperor ('08) Brendan Fraser.				★★ Real Steel (2011, Sci-Fi) Evangeline Lilly, Dakota Goyo, Hugh Jackman.						(:55) Futurama	Futurama
162	RFD	162	Opry Encore		Dailey and Vincent	Mollie B Polka Party (N)			Larry's Country Diner "Rory Feek"		C. Reunion "Country's Unbroken Circle"		Hee Haw	

Sunday Evening — June 23

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		Highwire Live The Wallendas perform a highwire walk in Times Square. (N)				To Tell the Truth		News (N)	(:35) America Week
-	KOMO	4	KOMO 4 News Sunday at 6am (N)		America's Funniest Home Videos		To Be Announced				To Tell the Truth		KOMO4News (N)	(:35) Full Measure
-	KING	5	NBC News (N)	KING 5 News (N)	Game Night "Super Duper Store Night"		America's Got Talent "Auditions 3" The auditions continue with Simon Cowell.				New Amsterdam "The Forsaken"		KING 5 News (N)	(:35) Band Seattle
6	KOIN	-	KOIN Local 6 (N)	Weekend News (N)	60 Minutes (N)		60 Minutes (N)		The Good Fight "The Schtup List" (N)		Good Fight "The Verge of Truth" (N)		KOIN6News (N)	(:35) Game On
-	KIRO	7	Weekend News (N)	KIRO 7 News	60 Minutes (N)		60 Minutes (N)		The Good Fight "The Schtup List" (N)		Good Fight "The Verge of Truth" (N)		KIRO 7 News (N)	KIRO 7 News (N)
8	KGW	-	NBC News (N)	Straight Talk	Game Night "Super Duper Store Night"		America's Got Tal