THURSDAY EVENING

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

JULY 30

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 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	Holey Moley "Porta Party" (N)		Don't "Don't Meet Your Heroes" (N)		To Tell the Truth (N)		News (N)	(:35) Jimmy Kimmel
4	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	Holey Moley "Porta Party" (N)		Don't "Don't Meet Your Heroes" (N)		To Tell the Truth (N)		KOMO4News (N)	(:35) Jimmy Kimmel
5	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Game of Games "Life in the Blast Lane"		SVU "Can't Be Held Accountable"		SVU "Must Be Held Accountable"		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon	The Unicorn	Mom	Mom	NCIS: Los Angeles "Watch Over Me"		KOIN 6 News (N)	(:35) Colbert
7	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon	The Unicorn	Mom	Mom	NCIS: Los Angeles "Watch Over Me"		KIRO 7 News (N)	(:35) Colbert
8	KGW	-	KGW News at 6:00 p.m. (N)		The Good Stuff (N)	Inside Edition (N)	Game of Games "Life in the Blast Lane"		SVU "Can't Be Held Accountable"		SVU "Must Be Held Accountable"		News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Killer Camp "A Killer Accusation" (N)		Penn&Teller "Third Time's the Charm"		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10	KOPB	10	In the Americas	Outside Source	PBS NewsHour (N)		Outdoor "Land of the Lost River Range"		Doctor Blake "A Lethal Combination"		Shetland		Masterpiece Mystery! "Grantchester"	
12	KPTV	12	(4:00) MLB Baseball (L)		Family Feud	Family Feud	8 p.m. Prime News (N)		9 p.m. Prime News (N)		10 O'Clock News (N)		11:00 News (N)	Big Bang Theory
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		The Simpsons	Family Guy	Family Guy	Bob's Burgers
-	KCPQ	13	(4:00) MLB Baseball Bos./N.Y. M. (L)		Big Bang Theory	Big Bang Theory	Q13 News at 8:00 p.m. (N)		Q13 News at 9:00 p.m. (N)		Q13 NEWS AT 10 (N)		News (N)	The Simpsons
20	TBS	20	Family Guy	Family Guy	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Lost Resort "Unmasked Meltdowns" (N)		Conan	Lost Resort
-	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	(5:00) MLS Soccer		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	Basketball The Tournament (L)				NFL Live (N)		UFC Archival		UFC Archival		KBO Baseball	
31	NICK	31	The Casagrandes	The Loud House	SpongeBob	SpongeBob	★★ Good Burger (1997, Comedy) Kenan Thompson, Sinbad, Kel Mitchell.				Friends	Friends	Friends	Friends
32	DISN	32	(:55) Sydney Max /(:20) ★★★★ Up ('09) Edward Asner.				★★★ Zootopia ('16) Ginnifer Goodwin.			(:40) Bunk'd	(:05) Bunk'd	Sydney to the Max	Coop/ Raven	(:45) Raven's Home
34	FAM	34	★★ The 40-Year-Old Virgin (2005, Comedy) Catherine Keener, Paul Rudd, Steve Carell.						★★ There's Something About Mary (1998, Comedy) Cameron Diaz, Matt Dillon, Ben Stiller.				The 700 Club	
35	FMC	35	(4:30) There's Something About Mary		(:55) ★★ There's Something About Mary ('98) Cameron Diaz, Ben Stiller.					(:20) ★★★ The Maze Runner (2014, Sci-Fi) Thomas Brodie-Sangster, Will Poulter, Dylan O'Brien.			(:35) FXM Presents	
36	LIFE	36	King of Queens	King of Queens	First Sight "The World is Changing"		Married/First Sight (N)			Married at First Sight (N)	(:05) Married at First Sight (N)		(:05) Married/First Sight	
38	ROOT	38	MarinersPre-game	MLB Baseball Seattle Mariners at Los Angeles Angels Site: Angel Stadium -- Anaheim, Calif. (L)						Post-game	MarinersPre-game	MLB Baseball Seattle Mariners at Los Angeles Angels		
39	FS1	39	To Be Announced				WWE SmackDown WWE superstars do battle in long-running rivalries.				TMZ Sports (N)	To Be Announced		
43	SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	To Be Announced					To Be Announced		
44	COM	44	The Office	The Office	The Office	The Office	The Daily Show (N)	(:45) Corporate	(:15) South Park	(:45) South Park	(:15) The Daily Show "July 30, 2020"		South Park	South Park
45	HIST	45	Mountain Men "Carnage"		Mountain Men "Sink or Swim"		Mountain Men "Bloody Knuckles"		Mountain Men "Tom's Big Day" (N)		(:05) Alone "Up in Smoke" (N)		(:35) Mountain	
46	A&E	46	First 48 "Fast Friends/ The Thin Line"		The First 48		The First 48 "Kiss of Death"		The First 48 "Night of Lies" (N)		Court Cam (N)	Court Cam (N)	First 48 "Soldier Down/ Blood Vendetta"	
47	TLC	47	1000-lb Sisters "Under the Knife"		Pimple "The Record Breaking Lump!"		Dr. Pimple "Pop Ups: A Lipoma Jackpot"		Pimple "Pop Ups: Nose No Bounds" (N)		Pimple "Where Are They Now: Jose" (N)		Feet Kill Me "Looks Bad, Feels Worse"	
48	DISC	48	Naked and Afraid "Alligator Alley"		Naked and Afraid "The Monster"		Naked and Afraid		Naked and Afraid		Bering Sea Gold (N)		Naked and Afraid XL	
49	NGEO	49	When Sharks Attack "Carolina Chaos"		Sharks A. "World's Deadliest Beach"		Sharks Attack "Deadly Down Under" (N)		Sharks Attack "The Last Resort" (N)		(:05) Mega Hammerhead (N)		(:05) Shark Attack "Deadly Down Under"	
50	TNT	50	NBA Basketball Los Angeles Clippers vs. Los Angeles Lakers Site: The Arena -- Orlando, Fla. (L)				Inside the NBA (L)				NBA Basketball Los Angeles Clippers vs. Los Angeles Lakers Site: The Arena -- Orlando, Fla.			
51	AMC	51	(5:15) ★★★ Point Break (1991, Drama) Keanu Reeves, Gary Busey, Patrick Swayze.				★★ Crocodile Dundee II (1988, Comedy) Linda Kozlowski, John Meillon, Paul Hogan.						★★★ Erin Brockovich ('00) Aaron Eckhart, Julia Roberts.	
52	USA	52	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Cannon "Cannonballs and Mullets" (N)		Chrisley Knows (N)	Chrisley Knows	Chrisley Knows	Chrisley Knows	Cannonball "Cannonballs and Mullets"	
53	FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Restaurant: Impossible (N)			Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
54	HGTV	54	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop (N)	Flipping Across America (N)		Flipping A. "Ranch Renovations" (N)		House Hunters	House Hunters
56	FX	56	(5:00) Breaking In ('18) Gabrielle Union.		★★★ Avatar (2009, Fantasy) Sam Worthington, Giovanni Ribisi, Zoe Saldana.								★★★ Avatar (2009, Fantasy) Sam Worthington, Zoe Saldana.	
57	CNN	57	Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		Coronavirus Facts		Cuomo Prime Time		CNN Tonight With Don Lemon	
58	FNC	58	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
60	MSNB	60	The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams		The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams	
61	CNBC	61	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Dateline "The Shadow" Pt. 1 of 2	
63	BRAV	63	Real Housewives "Not Feelin' Jovani"		The Real Housewives		Wives "Never Before Scene 1215" (N)		Housewives "Not Very Merry-achi" (N)		Watch What (N)	★★★ Sex and the City ('08) Sarah Jessica Parker.		
64	TCM	64	(5:00) ★★★★ Birdman of Alcatraz ('62) Burt Lancaster.			(:45) ★★★★ The Birds (1963, Horror) Tippi Hedren, Jessica Tandy, Rod Taylor.					★★★ The Raven (1963, Horror) Peter Lorre, Vincent Price.			(:45) Kes ('69, Dra)
65	SYFY	65	(4:25) ★★★ Harry Potter and the Chamber of Secrets ('02) Daniel Radcliffe.				★★★ Harry Potter and the Prisoner of Azkaban (2004, Fantasy) Emma Watson, Rupert Grint, Daniel Radcliffe.						Great Debate (N)	Movie
162	RFD	162	Chasing-Madison	Small Town	Rural America 'Live' (L)		Steve Lantvit 1/4	Rural Eve. News	Grown	Farm Monitor	Chasing-Madison	Small Town	Time Life Library	

FRIDAY EVENING

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

JULY 31

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 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	Shark Tank		20/20 Interviews and hard-hitting investigative reports.				News (N)	(:35) Jimmy Kimmel
4	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	Shark Tank		20/20 Interviews and hard-hitting investigative reports.				KOMO4News (N)	(:35) Jimmy Kimmel
5	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	The Wall "Michael and Jahmar"		Dateline NBC Investigative features are covered.				KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	The Greatest #Athome Videos (N)		Magnum "A Game of Cat and Mouse"		Blue Bloods "Vested Interests"		KOIN 6 News (N)	(:35) Colbert
7	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	The Greatest #Athome Videos (N)		Magnum "A Game of Cat and Mouse"		Blue Bloods "Vested Interests"		KIRO 7 News (N)	(:35) Colbert
8	KGW	-	KGW News at 6:00 p.m. (N)		Straight Talk	Inside Edition (N)	The Wall "Michael and Jahmar"		Dateline NBC Investigative features are covered.				News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Masters of Illusion	Masters of Illusion	Whose Line Is It?	Whose Line Is It?	KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10	KOPB	10	Seeing the USA	PBS NewsHour (N)			Brown "The Curse of the Aesthetic"		Doc Martin		Masterpiece Classic "Howards End"		Professor T. "Diamond"	
12	KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				10 O'Clock News (N)		11:00 News (N)	Big Bang Theory
13	KPDX	-	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		The Simpsons	Family Guy	Family Guy	Bob's Burgers
-	KCPQ	13	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				Q13 NEWS AT 10 (N)		Most Wanted	The Simpsons
20	TBS	20	★★ Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd.						★★ Ant-Man and the Wasp (2018, Action) Evangeline Lilly, Hannah John-Kamen, Paul Rudd.				ELeague (N)	
-	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	(:05) NBA Basketball Houston Rockets vs. Dallas Mavericks (L)				SportsCenter The day's news in the world of sports. (N)			SportsCenter		SportsCenter		SportsCenter
30	ESPN2	30	Basketball The Tournament (L)				NFL Live		NBA: The Jump		NBA Basketball Boston Celtics vs. Milwaukee Bucks			
31	NICK	31	The Casagrandes	The Loud House	SpongeBob	SpongeBob	Nick/Unfiltered	Young Dylan	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends
32	DISN	32	(:10) ★★★ Moana ('16, Ani) Voices of Dwayne Johnson, Alan Tudyk, Auli'i Cravalho.				Upside-Down Magic (2020, Children) (P)			(:50) Upside-Down Magic (2020, Children)				(:35) Raven About
34	FAM	34	Family Guy	Family Guy	Family Guy	Family Guy	★★★ The Blind Side (2009, Sport) Tim McGraw, Quinton Aaron, Sandra Bullock.						The 700 Club	
35	FMC	35	(4:30) Kingsman: The Secret Service		(:10) ★★★ Kingsman: The Secret Service (2014, Action) Colin Firth, Samuel L. Jackson, Taron Egerton.					(:50) ★★ Nerve (2016, Thriller) Dave Franco, Emily Meade, Emma Roberts.			(:45) FXM Presents	
36	LIFE	36	★ Nanny Killer (2018, Drama) Danielle Bisutti, Morgan Obenreder.				★ The Nanny Is Watching (2018, Drama)					(:05) The Twisted Nanny (2019, Drama) Annika Foster, Joey Blair, Tara Erickson.		
38	ROOT	38	(5:30) Pre-game	MLB Baseball Oakland Athletics at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)						Post-game	Mariners Pre-game		MLB Baseball Oakland vs Seattle	
39	FS1	39	(4:30) MLS Soccer		Boxing Classics 2019 Premier Champions Tony Harrison vs. Jermell Charlo 2				TMZ Sports (N)		Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.		MLS Soccer	
43	SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★ Ghostbusters (1984, Comedy) Harold Ramis, Dan Aykroyd, Bill Murray.					★★★ Ghostbusters II ('89) Sigourney Weaver, Bill Murray.		
44	COM	44	(:55) South Park	South Park	Chappelle's Show	Chappelle's Show	Chappelle's Show	(:35) Chappelle	(:10) Chappelle	(:50) Chappelle	(:25) Chappelle's Show		South Park	South Park
45	HIST	45	Ancient Aliens "Return to Gobekli Tepe"		Ancient Aliens "The Akashic Record"		Ancient Aliens "The Alien Wars"		Aliens "They Came From the Sky"		(:05) Aliens "Secrets of the Tombs"		(:05) Ancient Aliens "The Replicants"	
46	A&E	46	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
47	TLC	47	90 Day Fiancé: Before the 90 Days		90 Day Fiancé "Crossing the Line"		90 Day Fiancé "More to Love: The Best Mistake of My Life" (N)				90 Day Fiancé (N)	90 Day Fiancé: Happily Ever After?	90 Day Fiancé	
48	DISC	48	Bering Sea Gold "Claim of Thrones"		Bering Sea Gold "How It All Pans Out"		Bering Sea Gold (N)		Gold Rush		(:05) Bering Sea Gold (N)		Gold Rush	
49	NGEO	49	Sharks Attack "Mayhem in Mexico"		When Sharks Attack "Cape Jaws"		Sharks Attack "Beach Nightmare" (N)		Sharks "Nightmare in the Northeast" (N)		(:05) Sharks (N)		(:05) Sharks Attack "Beach Nightmare"	
50	TNT	50	Bones		Bones "The Cowboy in the Contest"		To Be Announced						(:15) Mad Max: Fury Road Tom Hardy.	
51	AMC	51	(5:00) ★★ White House Down ('13) Jamie Foxx, Channing Tatum.				★★★ Police Academy ('84) Michael Winslow, Bubba Smith, Steve Guttenberg.				(:15) ★★ Road House (1989, Action) Sam Elliott, Ben Gazzara, Patrick Swayze.			
52	USA	52	Las Vegas "Centennial"		Las Vegas "Viva Las Vegas"		Las Vegas "Fake the Money and Run"		Las Vegas "Double Down, Triple Threat"		Las Vegas		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	Love It or List It "Separate Spaces"		Love It or List It "Family and Future"		My Dream Home	My Dream Home	Dream Home (N)	Dream Home (N)	Martha (P) (N)	Martha Knows (N)	House Hunters	House Hunters
56	FX	56	★★ The Secret Life of Pets ('16, Animated) Eric Stonestreet, Kevin Hart, Louis C.K.,				★★ Hotel Transylvania 3: Summer Vacation ('18) Selena Gomez, Adam Sandler.				★★ Hotel Transylvania 3: Summer Vacation ('18) Selena Gomez, Adam Sandler.			
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	
58	FNC	58	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
60	MSNB	60	The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams		The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams	
61	CNBC	61	American "The Real Wolf of Wall Street"		American Greed: Biggest Cons		American Greed: Scam		Greed "Scams on Film/ God and Gold"		Amer. Greed "Artistic License to Steal"		Dateline "Deadly Ambush"	
63	BRAV	63	BD Yacht "You Snooze, You Lose"		Below Deck: Sailing Yacht "Dope!"		Below Deck Yacht "Regatta Go!"		★★★ Hitch (2005, Comedy) Eva Mendes, Kevin James, Will Smith.				Hitch ('05, Comedy)	
64	TCM	64	(5:00) Horse Soldiers ('59) John Wayne.		(:15) ★★★ Sergeant Rutledge ('60) Constance Towers, Billie Burke, Jeffrey Hunter.						(:15) ★★★ Two Rode Together ('61) James Stewart, Andy Devine.		(:15) Vibes ('88, Romance) Cyndi Lauper.	
65	SYFY	65	(4:25) ★★★ Harry Potter and the Prisoner of Azkaban				★★★ Harry Potter and the Goblet of Fire (2005, Adventure)				Emma Watson, Rupert Grint, Daniel Radcliffe.		Futurama	Futurama
162	RFD	162	Texas-Reporter	FarmHer	SF Machinery		Statler Brothers	Country Legends	Rural News (N)		Larry's "Salute To Jimmy Capps"		Texas-Reporter	SF Machinery	Time Life Library	

SATURDAY EVENING

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

AUGUST 1

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 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	America's Funniest Home Videos		Shark Tank		The Good Doctor "Fixation"		News (N)	(:35) HonorWrestle
4	KOMO	4	KOMO4News (N)		Wheel of Fortune	Jeopardy!	America's Funniest Home Videos		Shark Tank		The Good Doctor "Fixation"		KOMO4News (N)	(:35) HonorWrestle
5	KING	5	NBC News (N)	KING 5 News (N)	KING 5 Special (N)		Dateline NBC Investigative features are covered.				Saturday Night Live		KING 5 News (N)	Sat. Night Live
6	KOIN	-	KOIN 6 News (N)	Weekend News (N)	Entertainment Tonight Weekend		NCIS: Los Angeles "Hail Mary"		48 Hours		48 Hours		KOIN 6 News (N)	(:35) Amer.Ninja
7	KIRO	7	KIRO 7 News (N)	Weekend News (N)	KIRO 7 News (N)		Entertainment Tonight Weekend		NCIS: Los Angeles "Hail Mary"		48 Hours		KIRO 7 News (N)	(:35) Wipeout
8	KGW	-	NBC News (N)		Roots Less		Vets Saving Pets	Champion (N)	Dateline NBC Investigative features are covered.				News (N)	
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	KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10	KOPB	10	Roadtrip Nation	Roadtrip Nation	Travel: ArtWolfe		Steves' Europe		Frankie Drake "Dealer's Choice"		Hillary "Standing Tall"		Jamestown	Last Tango in Halifax
12	KPTV	12	(4:00) MLB Baseball (L)		In Depth		Whacked Out		★★ The Juror (1996, Thriller) Alec Baldwin, Joseph Gordon-Levitt, Demi Moore.		10 O'Clock News (N)			Ultimate Tag "Dangerously Fast"
13	KPDX	-	Carbonaro Effect	Recipe.TV	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)				9:00 p.m. Prime News (N)		Paid Program	Paid Program
-	KCPQ	13	(4:00) MLB Baseball (L)		Big Bang Theory	Big Bang Theory	TMZ (N)				Big Bang Theory	Big Bang Theory	News (N)	Most Wanted
20	TBS	20	(5:45) ★★★★ Thor: Ragnarok (2017, Action) Cate Blanchett, Mark Ruffalo, Chris Hemsworth.				★★ Ant-Man and the Wasp (2018, Action) Evangeline Lilly, Hannah John-Kamen, Paul Rudd.							
-	KZJO	22	Pawn Stars	Pawn Stars	Modern Family	Modern Family	Modern Family	Modern Family	Q13 News (N)	Most Wanted	Funny Weather	Funny Weather	Be a Millionaire?	Met Your Mother
29	ESPN	29	(5:30) NBA Basketball Los Angeles Lakers vs. Toronto Raptors Site: The Arena -- Orlando, Fla. (L)								SportsCenter (N)		SportsCenter	NBA Basketball L.A. Lakers vs Toronto
30	ESPN2	30	(5:00) MLS Soccer		To Be Announced						To Be Announced		To Be Announced	To Be Announced
31	NICK	31	The Loud House	The Loud House	The Loud House	Danger Force	Nick/Unfiltered (N)	All That (N)	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends
32	DISN	32	G.Duran/ G. Duran	(:45) Gabby Duran	(:10) BigCityGreen	(:35) BigCityGreen	Big City Greens	Amphib./ Owl	(:15) Owl House	(:40) Amphibia	(:05) BigCityGreen	Big City Greens	BigCity/ Amphib.	(:45) Owl House
34	FAM	34	(5:40) ★★ The Twilight Saga: Eclipse (2010, Drama) Robert Pattinson, Taylor Lautner, Kristen Stewart.								(:40) ★★ The Twilight Saga: Breaking Dawn Part 1 ('11) Robert Pattinson, Kristen Stewart.			(:20) The Twilight Saga: Breaking D...
35	FMC	35	(4:15) ★★★ The Revenant ('15) Leonardo DiCaprio.								(:25) ★★★ The Revenant (2015, Drama) Tom Hardy, Domhnall Gleeson, Leonardo DiCapri.			(:35) ★★★ Mother! ('17) Javier Bardem, Jennifer Lawrence.
36	LIFE	36	Stalked By My Husband's Ex ('20, Thril) Juliana Dever, Adam Huss, Alex McKenna.								Sleeping with Danger ('20, Thriller) Antonio Cupo, Leslie Hendrix, Elisabeth Rohm.		(:05) Murder in the Vineyard ('20) Emma Fuhrmann, Helena Mattson.	
38	ROOT	38	Mariners Access	Mariners Access	To Be Announced									Mariners Access
39	FS1	39	Boxing Classics 2018 Premier Champions						MLS Soccer MLS is Back Tournament Quarter-final (L)					To Be Announced
43	SPIKE	43	Movie		★★★ The Mummy (1999, Adventure) Rachel Weisz, John Hannah, Brendan Fraser.								★★ The Mummy Returns (2001, Adventure) Rachel Weisz, John Hannah, Brendan Fraser.	
44	COM	44	South Park	South Park	South Park	South Park	South Park 1/3	South Park 2/3	South Park 3/3	South Park	South Park	South Park	South Park	South Park
45	HIST	45	Unidentified "UFOs vs Nukes"		UnXplain "Extreme Weather Mysteries"		The Unidentified "Mysterious Curses"		UnXplained "The Truth About UFOs" (N)		(:05) Unidentified "Planetary Threat" (N)		(:05) The UnXplained	
46	A&E	46	★★★ Salt (2010, Action) Liev Schreiber, Chiwetel Ejiofor, Angelina Jolie.				★★★★ Jack Reacher: Never Go Back (2016, Action) Cobie Smulders, Aldis Hodge, Tom Cruise.						★★★★ Captain Phillips ('13) Barkhad Abdi, Tom Hanks.	
47	TLC	47	Say Yes Dress	Say Yes-Dress	Yes Dress "Big Brother Hits Kleinfeld"		Say Yes "You Look Like a Chicken!" (N)		90 Day "Pillow Talk: Crossing the Line"		90 Day Fiancé: Before the 90 Days		90 Day Fiancé: Before the 90 Days	
48	DISC	48	D. Catch "Dutch Harbor Double Cross"		Deadliest Catch "Bomb Cyclone"		Deadliest Catch "Bering Sea Wrath"		Wild Bill and crew face the wrath of the bomb cyclone. (N)				Deadliest Catch "Siberian Winter"	
49	NGEO	49	Sharks Attack "Double Shark Attack"		Sharks Attack "Cape Terror"		When Sharks Attack "Cape Terror"		To Be Announced				(:05) Wicked Tuna "Against the Tide" (N)	
50	TNT	50	(5:30) ★★★ The Town (2010, Action) Rebecca Hall, Jon Hamm, Ben Affleck.				★★ The Commuter (2018, Crime Story) Vera Farmiga, Sam Neill, Liam Neeson.				(:15) ★★★ Star Trek (2009, Sci-Fi) Zachary Quinto, Eric Bana, Chris Pine.			
51	AMC	51	(5:00) ★★★ Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill.				★★ The Lost World: Jurassic Park (1997, Adventure) Julianne Moore, Pete Postlethwaite, Jeff Goldblum.						Line of Duty "Getting to the Truth" (N)	
52	USA	52	(5:05) Rush Hour 3 ('07) Chris Tucker.		★★★ Rush Hour (1998, Action) Chris Tucker, Tom Wilkinson, Jackie Chan.				(:05) ★★ Rush Hour 2 (2001, Action) Chris Tucker, Zhang Ziyi, Jackie Chan.				(:05) Rush Hour 3 ('07, Act) Chris Tucker.	
53	FOOD	53	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	Diners, Drive-Ins	Diners, Drive-Ins
54	HGTV	54	Good Bones "First House on the Block"		Good Bones "Old Biker Bar"		Vacation House "Puppy Paradise" (N)		Love/List "This Space Is Looking Up"		Love It or List It "Master Office Issues"		Love/List "The Impossible Dream Home"	
56	FX	56	(4:30) Girls Trip ('17) Jada Pinkett Smith.		★★★★ Hidden Figures (2016, Drama) Octavia Spencer, Janelle Monáe, Taraji P. Henson.								★★★★ Hidden Figures ('16) Octavia Spencer, Janelle Monáe, Taraji P. Henson.	
57	CNN	57	The Situation Room With Wolf Blitzer		United "All-American Family Farms"		United Shades Of America		CNN Newsroom		The Situation Room With Wolf Blitzer		CNN Newsroom	
58	FNC	58	Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World		Justice With Judge Jeanine		The Greg Gutfeld Show		Watters World	
60	MSNB	60	The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams		The Rachel Maddow Show		The Last Word		Dateline	
61	CNBC	61	Under Boss "United Real Estate Group"		Undercover Boss "Maaco"		Undercover Boss		Under Boss "Undercover Employee"		UndercoverBoss:Celeb "Deion Sanders"		Paid Program	Paid Program
63	BRAV	63	To Be Announced						To Be Announced					
64	TCM	64	(5:00) Ball of Fire ('41) Gary Cooper.		★★★★ Double Indemnity ('44) Fred MacMurray, Barbara Stanwyck.				★★★ Meet John Doe ('41, Dra) Barbara Stanwyck, Edward Arnold, Gary Cooper.				(:15) The Mad Miss Manton	
65	SYFY	65	(5:00) Beetlejuice ('88) Michael Keaton.		★★★ Beetlejuice (1988, Comedy) Geena Davis, Alec Baldwin, Michael Keaton.				★★★ Beetlejuice (1988, Comedy) Geena Davis, Alec Baldwin, Michael Keaton.				Syfy Wire (N)	(:45) Futurama
162	RFD	162	Daniel O'Donnell	Statler Brothers	Mollie B Polka Party		Larry's "Salute To Jimmy Capps"				Larry's "Salute To Jimmy Capps"		Red Skelton "Monotony on the Bounty"	Time Life Library

SUNDAY EVENING

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

AUGUST 2

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	(5:30) NBA Basketball Milwaukee Bucks vs. Houston Rockets (L)				KATU Special	United We Stand	MyDestination.TV	Gametime (N)	20/20		News (N)	(:35) America Week
4	KOMO	4	(5:30) NBA Basketball Milwaukee Bucks vs. Houston Rockets (L)				KOMO 4 Primetime News (N)				20/20		KOMO4News (N)	(:35) Full Measure
5	KING	5	NBC News (N)	KING 5 News (N)	Cannonball "Dare to Cannonball"		Titan "East Region 3: DJ's Last Call"				America-Talent "Judge Cuts" The judges reveal who will proceed to the live shows.		KING 5 News (N)	(:35) Band Seattle
6	KOIN	-	KOIN 6 News (N)	Weekend News (N)	60 Minutes		To Be Announced				NCIS: Los Angeles "Missing Time"		KOIN 6 News (N)	Game On!
7	KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		To Be Announced				NCIS: Los Angeles "Missing Time"		KIRO 7 News (N)	(:35) News (N)
8	KGW	-	NBC News (N)	Straight Talk	Cannonball "Dare to Cannonball"	