Thursday Evening — March 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 at 6:00 p.m. (N)		Jeopardy! (N)	Wheel Fortune (N)	Celebrity Wheel of Fortune (N)		The Chase (N)		The Chase (N)		News (N)	(:35) Jimmy Kimmel
-	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel Fortune (N)	Jeopardy! (N)	Celebrity Wheel of Fortune (N)		The Chase (N)		The Chase (N)		KOMO4News (N)	(:35) Jimmy Kimmel
-	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Superstore (N)	Young Rock	5VU "Turn Me on Take Me Private"		Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon (N)	B Positive 2/2 (N)	Mom (N)	The Unicorn (N)	Clarice "You Can't Rule Me" (N)		KOIN 6 News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon (N)	B Positive 2/2 (N)	Mom (N)	The Unicorn (N)	Clarice "You Can't Rule Me" (N)		KIRO 7 Tonight (N)	(:35) Colbert
8	KGW	-	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Superstore (N)	Young Rock	5VU "Turn Me on Take Me Private"		Dateline NBC		News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Walker "Back in the Saddle"		Legacies "Salvatore: The Musical!"		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld Pt. 1 of 2
10	KOPB	10	Mickela Mallozi	Outside Source	PBS NewsHour (N)		Carpenters: Close The long storied career of the Carpenters.			Downton Abbey R	A sneak peek at the upcoming movie.		Inside the Mind of Agatha Christie	
12	KPTV	12	6 O'Clock News (N)		People	Family Feud	Hell's Kitchen "Blind Taste Test" (N)		Call Me Kat (N)	Last Man St. (N)	10 O'Clock News (N)		News (N)	People
13	KPDX	-	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy
-	KCPQ	13	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Hell's Kitchen "Blind Taste Test" (N)		Call Me Kat (N)	Last Man St. (N)	Q13 NEWS AT 10 (N)		News (N)	The Simpsons
20	TBS	20	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Go-Big Show "This Show is on Fire!" (N)		Wipeout "Blind Date 2012" Pt. 1 of 2		Conan (N)	Go-Big Show
-	KZJO	22	Friends	Friends	Mom	Mom	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	NCAA Basketball (L)				SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	NCAA Basketball (L)				NCAA Basketball (L)				Around the Horn	Interruption	NFL Live	
31	NICK	31	(5:30) The SpongeBob Musical: Live on Stage!			SpongeBob	★★ The SpongeBob Movie: Sponge Out of Water ('15) Antonio Banderas.				Friends	Friends	Friends	Friends
32	DISN	32	Jessie	Jessie	Raven's Home	Raven's Home	Jessie	Jessie	Bunk'd	Bunk'd	Big City Greens	Bunk'd	Bunk'd	Sydney Max
34	FAM	34	(5:30) ★★★ Cinderella ('15) Helena Bonham Carter, Cate Blanchett, Lily James.				Grown-ish (N)		★★★ Willy Wonka and the Chocolate Factory ('71, Family) Peter Ostrum, Jack Albertson, Gene Wilder.				The 700 Club	
35	FMC	35	(5:35) ★★ Assassin's Creed ('16) Michael Fassbender.			(:50) ★★★ Warcraft	(:2016, Fantasy) Paula Patton, Ben Foster, Travis Fimmel.				(:10) ★★★ Warcraft (2016, Fantasy) Paula Patton, Ben Foster, Travis Fimmel.			
36	LIFE	36	Rizzoli & Isles "Dead Weight"		Rizzoli & Isles "2M7258-100"		Married/First Sight "Family First" (N)		Married "One Month Anniversaries"		Married/ First Sight "Communication"		(:05) Married/ First Sight "Face to Face"	
38	ROOT	38	NCAA Basketball WCC Tournament (L)				WCC All-Access (N)	In Depth	NCAA Basketball WCC Tournament First Round (L)				MLB Baseball Classics Sea./S.F.	
39	FS1	39	Movie	WWE SmackDown				Skip and Shannon: Undisputed			TMZ Sports (N)	Boxing Premier Champions Anthony Dirrell vs. Kyrone Davis		
43	SPIKE	43	Two and a Half	Two and a Half	★★★ Shrek (2001, Animated) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.				★★★ Shrek Forever After ('10) Voices of Eddie Murphy, Mike Myers.				Shrek ('01, Ani) Voices of Mike Myers.	
44	COM	44	(:55) The Office	The Office	The Office	The Office	The Daily Show	(:45) The Office	(:15) South Park	(:45) South Park	(:15) The Daily Show With Trevor Noah		South Park	South Park
45	HIST	45	Swamp People "Battle of the Baits"		Swamp People "The Boneyard"		Swamp People "Heat Wave"		Swamp People "Swamp Secrets" (N)		(:05) Sprntinv "Gators and Ghost Towns"		(:05) Swamp People "The Boneyard"	
46	A&E	46	The First 48 "Carnage in the Streets"		The First 48 "Jealous Heart/ The Jump"		First 48 "The House on Madrona Street"		The First 48		The First 48 "Fatal Mistake"		(:05) The First 48 "Trap House"	
47	TLC	47	1000-lb Sisters "A Fork in the Road"		1000-lb Sisters "Dropping Bombs"		1000lb "There's Something About Jerry"		1000-lb Sisters "Jerry Bites Back"		1000-lb Sisters "Everybody Hurts"		1000-lb Sisters "Labor of Love"	
48	DISC	48	BttlBots "We're Beast Slayin' Tonight!"		BttlBots "We're Beast Slayin' Tonight!"		BattleBots "Shock and Awe" Eight of 16 bots will die in the BattleBox tonight. (N)				BattleBots "The Desperado Tournament II"			
49	NGEO	49	Zero "Ghost in the Woods"		Zero "The Hard Way"		Zero "Predator Proof"		Mode "Living Wild" (N)		Zero (N) /(:15) Grid (N)		(:15) Northern "Feast or Famine"	
50	TNT	50	(5:30) NBA Basketball Miami Heat at New Orleans Pelicans (L)				The Inside Story (2020, Documentary)				NBA Basketball Miami Heat at New Orleans Pelicans Site: Smoothie King Center -- New Orleans, La.			
51	AMC	51	(5:00) ★★★★ Forrest Gump ('94, Com/Dra) Sally Field, Gary Sinise, Tom Hanks.				★★★ Police Academy ('84) Michael Winslow, Bubba Smith, Steve Guttenberg.				(:15) ★★★ Caddyshack ('80, Com) Rodney Dangerfield, Ted Knight, Chevy Chase.			
52	USA	52	Law & Order: S.V.U. "Intent"		Law & Order: S.V.U. "Pathological"		Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows (N)	Chrisley Knows (N)	She's the Boss (N)	The Rev (N)	(:35) She's the Boss
53	FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Flay (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
54	HGTV	54	HomeAgai "Farmhouse Family Reunion"		Home Again "Cousin Invasion"		Flipping A. "Cramped Cottage Flips" (N)		RehabRes "Battle for the Bathrooms"		House Hunters	House Hunters (N)	House Hunters	House Hunters
56	FX	56	(5:00) ★★★ Iron Man 3 ('13, Act) Gwyneth Paltrow, Guy Pearce, Robert Downey Jr..				★★ The House with a Clock in Its Walls ('18) Cate Blanchett, Jack Black.				★★ The House with A Clock in Its Walls ('18) Cate Blanchett, Jack Black.			
57	CNN	57	Cuomo Prime Time (N)		CNN Tonight With Don Lemon (N)		CNN Tonight With Don Lemon (N)		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 (N)		The Last Word (N)		The 11th Hour With Brian Williams (N)		The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams	
61	CNBC	61	Shark Tank		Shark Tank		Shark Tank		The News With Shepard Smith		American Greed "Nightmare at NXIVM"		Dateline NBC "Footprint in the Dust"	
63	BRAV	63	Below Deck "Loose Lips Sink Ships"		Below Deck: Sailing Yacht		Summer House "Trash Talk"		Summer House (N)		Watch What (N)	Summer House		Movie
64	TCM	64	(5:00) ★★★★ Gone with the Wind (1939, Epic) Clark Gable, Olivia De Havilland, Vivien Leigh.						★★★★ Seven Brides for Seven Brothers ('54) Howard Keel, Jane Powell.				Rope (1948, Mystery) James Stewart.	
65	SYFY	65	(5:00) Dracula Untold ('14) Luke Evans.		★★ Limitless (2011, Mystery) Anna Friel, Bradley Cooper.				★★★ John Wick (2014, Action) Adrianne Palicki, Bridget Moynahan, Keanu Reeves.				Priest (2011, Action) Paul Bettany.	
162	RFD	162	(4:00) PRCA Rodeo		Rural America "Valley Irrigation" (N)		Virtual Farm Show	Rural News (N)	Grown	Farm Monitor	Nxt Lvl Farming	Small Town (N)	Paid Program	

Friday Evening — March 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 6:00 p.m. (N)		Jeopardy! (N)	Wheel Fortune (N)	Shark Tank (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 Fortune (N)	Jeopardy! (N)	Shark Tank (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 (N)	Evening	The Blacklist "The Cyranoid"		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	MacGyver (N)		Magnum P.I. "The Long Way Home" (N)		BlueB. "More Than Meets the Eye" (N)		KOIN 6 News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	MacGyver (N)		Magnum P.I. "The Long Way Home" (N)		BlueB. "More Than Meets the Eye" (N)		KIRO 7 Tonight (N)	(:35) Colbert
8	KGW	-	KGW News (N)	KGW News (N)	Straight Talk	Inside Edition (N)	The Blacklist "The Cyranoid"		Dateline NBC Investigative features are covered.				News (N)	(:35) Tonight Show
9	KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Whose Line (N)	Whose Line Is It?	Penn&Teller "P&T Get the Finger" (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld Pt. 2 of 2
10	KOPB	10	Your Backyard	BBC World News	PBS NewsHour (N)		Suze Orman Suze Orman answers questions and offers advice.				Masterpiece: 50 Fabulous Years!			R. Steves' Tasty
12	KPTV	12	6 O'Clock News (N)		People	Family Feud	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				10 O'Clock News (N)		News (N)	People
13	KPDX	-	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy
-	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	Family Guy	Family Guy	Seinfeld	Seinfeld	★★★ Hitch (2005, Comedy) Eva Mendes, Kevin James, Will Smith.				★★★ The Wedding Ringer ('14) Josh Gad, Kaley Cuoco-Sweeting, Kevin Hart.			
-	KZJO	22	Friends	Friends	Mom	Mom	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	SportsCenter Special "Todd McShay's NFL Mock Draft 3.0" (N)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	(5:00) NCAA Softball (L)		NFL Live		UFC "259: Blachowicz vs. Adesanya"		Max on Boxing	UFC Live	Around the Horn	Interruption	UFC UFC	
31	NICK	31	★★★ Despicable Me ('10, Ani) Voices of Jason Segel, Russell Brand, Steve Carell.				Afraid of Dark? "Danse Macabre" (N)		Side Hustle	Young Sheldon	Friends	Friends	Friends	Friends
32	DISN	32	Jessie	Jessie	Bunk'd	Bunk'd (N)	Sulphur (N)	Raven/ Raven	(:15) Raven's Home	(:40) Bunk'd	(:05) Bunk'd	Bunk'd	Sulphur/ BigCity	(:50) Jessie
34	FAM	34	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	The 700 Club	
35	FMC	35	(5:05) Taken 3 ('14, Action) Liam Neeson.		(:20) ★★ Taken 3 (2014, Action) Famke Janssen, Maggie Grace, Liam Neeson.						(:35) ★★ Pride and Prejudice and Zombies ('16) Sam Riley, Lily James.		(:45) FXM Presents	
36	LIFE	36	Rizzoli "Yesterday, Today, Tomorrow"		Rizzoli & Isles "Ocean Frank"		Women "A Life Worth Celebrating" (N)		LittleW. "Little Women, Big Voices" (N)		To Be Announced		(:05) Marrying Millions	
38	ROOT	38	NCAA Basketball WCC Tournament (L)				Sports Stars (N)	The Icons: Leaders	NCAA Basketball WCC Tournament Second Round (L)				NCAA Basketball WCC Tournament	
39	FS1	39	NASCAR Truck Racing Silver State 200				Poker Players Championship		Poker Players Championship		TMZ Sports (N)	NASCAR Truck Racing Silver State 200 Truck Series		
43	SPIKE	43	Two and a Half	Two and a Half	To Be Announced						To Be Announced			
44	COM	44	South Park	South Park	South Park	South Park	Esther Povitsky: Hot for My Name		South Park	South Park	South Park	South Park	South Park	South Park
45	HIST	45	Ancient Aliens "The World Before Time"		UnXplained "The Truth About UFOs"		UnXplained "The Truth About Bigfoot"		UnXplained "Bizarre Vanishings" (N)		(:05) Ancient Aliens "UFO Pioneers" (N)		(:05) Aliens "The Divine Number"	
46	A&E	46	The First 48		First 48 "What About Me/ Last Round"		The First 48 "Monster"		The First 48: Track "Tracked" (N)		Rescue Cam (N)	Rescue Cam	(:05) Live Rescue: Rewind	
47	TLC	47	Virgin Diaries		Virgin "Skippy, Lindsey and Karissa"		90 Day Fiancé "More to Love: About Last Night" Yara gives Jovi an ultimatum. (N)				90 Day Fiancé (N)	Sister Wives "Robyn the Peacemaker"	90 Day Fiancé	
48	DISC	48	Gold Rush "Growing Pains"		Gold Rush "The $6 Million Cut" (N)		Gold Rush "Clear Eyes, Full Pans" (N)				(:15) GoldRushTurinMine "Isolation" (N)		(:15) Gold Rush "The Rise of Rick Ness"	
49	NGEO	49	Wicked Tuna "Crunch Time"		Wicked Tuna "Brawlin for Bluefin"		Wicked Tuna "All Out of Tomorrows"		Tuna "Keep the Tradition Alive" (N)		Wicked Tuna "Keep the Tradition Alive"		Wicked Tuna "Brawlin for Bluefin"	
50	TNT	50	(5:00) Uncle Drew ('18) Lil Rel Howery.		★★★ Central Intelligence ('16, Comedy) Kevin Hart, Amy Ryan, Dwayne Johnson.				The Inside Story (2020, Documentary)			★★★ American Gangster ('07) Denzel Washington.		
51	AMC	51	(5:45) ★★★ Police Academy ('84) Michael Winslow, Steve Guttenberg.				★★★ Ghostbusters (1984, Comedy) Harold Ramis, Dan Aykroyd, Bill Murray.					★★★ Ghostbusters II ('89) Sigourney Weaver, Bill Murray.		
52	USA	52	Chicago P.D. "Some Friend"		Chicago P.D. "300,000 Likes"		★★ Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd.					★★ Gone in 60 Seconds ('00) Angelina Jolie, Nicolas Cage.		
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	Home Town "Small Town Life Awaits"		Home Town "The Cafe House"		Frozen in Time (N)	Frozen in Time (N)	HGTV Design Star (P) (N)		My Dream Home	My Dream Home	My Dream Home	My Dream Home
56	FX	56	★★ Daddy's Home (2015, Comedy) Mark Wahlberg, Linda Cardellini, Will Ferrell.				★★ Baywatch (2017, Comedy) Zac Efron, Alexandra Daddario, Dwayne Johnson.					★★ Baywatch (2017, Comedy) Zac Efron, Dwayne Johnson.		
57	CNN	57	Cuomo Prime Time (N)		CNN Tonight With Don Lemon (N)		CNN Tonight With Don Lemon (N)		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 (N)		The Last Word (N)		The 11th Hour With Brian Williams (N)		The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams	
61	CNBC	61	Undercover Boss "Marco's Pizza"		Undercover Boss		Undercover Boss "Associa"		The News With Shepard Smith		American Greed "The Real Dr. Death"		Dateline	
63	BRAV	63	(5:00) Next Friday ('00, Com) Ice Cube.		★★ Friday After Next (2002, Comedy) Mike Epps, John Witherspoon, Ice Cube.				★★★ Friday (1995, Comedy) Chris Tucker, Nia Long, Ice Cube.				Next Friday (2000, Comedy) Ice Cube.	
64	TCM	64	Movie	(:45) ★★★★ Psycho (1960, Horror) Janet Leigh, Vera Miles, Anthony Perkins.				(:45) ★★★★ North by Northwest (1959, Thriller) Eva Marie Saint, James Mason, Cary Grant.					(:15) RoboCop ('87) Kurtwood Smith.	
65	SYFY	65	(5:30) ★★★ John Wick ('14) Adrianne Palicki, Keanu Reeves.				★★★ John Wick: Chapter 2 (2017, Action) Common, Ruby Rose, Keanu Reeves.				Wynonna Earp "Love's All Over" (N)		Resident Alien "Sexy Beast"	
162	RFD	162	(4:00) PRCA Rodeo		SF Machinery	Bluegrass Trail	Country Legends	Rural News (N)	To Be Announced		Texas-Reporter (N)	SF Machinery	Paid Program	

Saturday Evening — March 6

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 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	Shark Tank		American Idol "Auditions" The judges head to San Diego, California for auditions.				News (N)	(:35) HonorWrestle
-	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	Shark Tank		American Idol "Auditions" The judges head to San Diego, California for auditions.				KOMO4News (N)	(:35) HonorWrestle
-	KING	5	NBC News (N)	KING 5 News (N)	Paid Program	Paid Program	The Voice "The Blind Auditions, Part 2"				Debris "Pilot"		Saturday Night Live	KING 5 News (N) Sat. Night Live
6	KOIN	-	News (N)		Weekend News (N)	Entertainment Tonight Weekend (N)	NCIS:NewOrleans "A Changed Woman"				Bull "Look Back in Anger"		48 Hours	KOIN 6 News (N) (:35) In Depth
-	KIRO	7	Weekend News (N)	KIRO 7 News (N)		Entertainment Tonight Weekend (N)	NCIS:NewOrleans "A Changed Woman"				Bull "Look Back in Anger"		48 Hours	KIRO 7 Tonight (N) (:35) Hot Topics
8	KGW	-	NBC News (N)		Straight Talk	Getaways (N)	Inside Edition (N)		The Voice "The Blind Auditions, Part 2"		Debris "Pilot"		Saturday Night Live	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	Two and a Half		Two and a Half	Two and a Half
10	KOPB	10	Mindfulness Goes Mainstream				It's What's Happening Baby (My Music) A live concert from the mid-1960s.				The Black Church: This Is Our Story, This Is Our Song Explore the roots of African American religion.			
12	KPTV	12	★★ So I Married An Axe Murderer ('93) Nancy Travis, Mike Myers.				9-1-1 "Jinx"				Name That Tune		10 O'Clock News (N)	I Can See Your Voice
13	KPDX	-	Access Hollywood Weekend (N)		Big Bang Theory	Big Bang Theory	NCIS "Blarney"				NCIS: New Orleans "Viral"		Paid Program	Paid Program Storm of Suspicion "Muddy Mystery"
-	KCPQ	13	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	9-1-1 "Jinx"				Name That Tune		News (N)	Most Wanted I Can See Your Voice
20	TBS	20	(4:00) Hitch ('05)		★★★ Crazy Rich Asians (2018, Comedy) Henry Golding, Michelle Yeoh, Constance Wu.						Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory Full Frontal Wipeout
-	KZJO	22	Pawn Stars	Pawn Stars	Modern Family	Modern Family	Modern Family	Modern Family			Q13 News (N)	Most Wanted	Nightwatch "The Sober Truth"	The Justice Report
29	ESPN	29	(5:00) UFC UFC 259 (L)		NCAA Basketball (L)						SportsCenter (N)		SportsCenter (N)	SportsCenter (N)
30	ESPN2	30	(5:00) NCAA Basket. OVC Tournament (L)		SportsCenter Special		SportsCenter (N)				NCAA Basketball WCC Tournament Quarter-final (L)			UFC Archival
31	NICK	31	(5:00) Despicable Me		The Loud House	Danger Force	Danger Force (N)	Afraid of the Dark? "Danse Macabre"		Young Sheldon	Friends	Friends	Friends	Friends
32	DISN	32	Raven's Home 1/2	Raven's Home 2/2	Raven's Home	Raven's Home	Bunk'd	Bunk'd	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Bunk'd	Bunk'd
34	FAM	34	(5:05) Shrek ('01) Voices of Mike Myers.		(:10) ★★★ Monsters, Inc. ('01) Voices of Billy Crystal, Mary Gibbs, John Goodman.				(:15) ★★★ Ratatouille (2007, Family) Voices of Patton Oswalt, John Ratzenberger, Brad Garrett.					
35	FMC	35	(:20) ★★ Nerve (2016, Thriller) Dave Franco, Emily Meade, Emma Roberts.				(:15) ★★ Escape Room (19, Drama) Taylor Russell, Tyler Labine, Deborah Ann Woll.				(:10) ★★ Nerve (2016, Thriller) Dave Franco, Emily Meade, Emma Roberts.			
36	LIFE	36	A Murder to Remember ('20, Thril) TC Matherne, Kevin Rodriguez, Maddie Nichols.				Circle of Deception (2021, Thriller) Jill Morrison, Tahmoh Penikett, Diane Neal.				Headlines (N) /(:10) Tempting Fate ('19) Steve Kazee, Zane Holtz, Alyssa Milano.			
38	ROOT	38	NCAA Basketball WCC Tournament				NCAA Basketball WCC Tournament Women's Second Round				NCAA Hockey Denver at Colorado College			
39	FS1	39	To Be Announced				NASCAR Auto Racing Alsco Uniforms 300 Xfinity Series				NASCAR Race Hub		NCAA Basketball Vill./Prov.	
43	SPIKE	43	★★ White House Down (2013, Action) Jamie Foxx, Maggie Gyllenhaal, Channing Tatum.						★★ The A-Team (2010, Action) Bradley Cooper, Jessica Biel, Liam Neeson.					
44	COM	44	(5:30) To Be Announced				To Be Announced				South Park	South Park	South Park	South Park
45	HIST	45	UnXplain "Extreme Weather Mysteries"		The UnXplained "Deadly Cults"				UnXplained "Extraordinary Engineering"		(:05) UnXplained "The Power of Gold"		(:05) UnXplained "Bizarre Vanishings"	
46	A&E	46	(5:00) ★★ Jack Reacher (12, Action) Rosamund Pike, Richard Jenkins, Tom Cruise.				★★★★ Jack Reacher: Never Go Back (2016, Action) Cobie Smulders, Aldis Hodge, Tom Cruise.				★★★ Jack Reacher (12, Action) Rosamund Pike, Tom Cruise.			
47	TLC	47	My 600-lb Life "Joyce's Story"		My 600-lb Life "Supersized: Michael's Journey" (N)				My 600-lb Life "Supersized: Labor of Love" (N)		1000lb "Supersized: Labor of Love" (N)		My 600-lb Life "Gideon's Story"	
48	DISC	48	Homestead Rescue		Homestead Rescue "Fire and Gold"		RaneyRanch "Living on the Edge"		Raney "One if by River, Two if by Air"		RaneyRanch "Raney Days Are A-Comin'"		RaneyRanch "Do Or Die"	
49	NGEO	49	To Catch a Smuggler		To Catch a Smuggler "Hidden Heroin"		CatchSmuggl. "Cocaine Crackdown"		Catch a Smuggler "Cocaine Sausages"		CatchSmuggl. "Stash House Takedown"		To Catch a Smuggler	
50	TNT	50	Movie	★★ Fast & Furious 6 (2013, Action) Paul Walker, Dwayne Johnson, Vin Diesel.					The Inside Story (2020, Documentary)			★★ London Has Fallen ('16) Morgan Freeman, Gerard Butler.		
51	AMC	51	★★★ Back to the Future (1985, Sci-Fi) Christopher Lloyd, Lea Thompson, Michael J. Fox.				★★★ Back to the Future II (1989, Sci-Fi) Christopher Lloyd, Lea Thompson, Michael J. Fox.						Back to the Future III Michael J. Fox.	
52	USA	52	(5:30) ★★ Ant-Man (2015, Action) Michael Douglas, Evangeline Lilly, Paul Rudd.				★★★ Fast Five (2011, Action) Paul Walker, Dwayne Johnson, Vin Diesel.				(:45) ★★★ Fast Five (2011, Action) Paul Walker, Vin Diesel.			
53	FOOD	53	(5:30) Tournament of Champions		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	Fixer to Fabulous "A Home to Love"		Chateau "Upstairs, Downstairs"		Escape to the Chateau (N)				Love It/List It "Parents and the Pantry"		Love It or List It "Custom Chaos"	Love/List "This Space Is Looking Up"
56	FX	56	★★★ Spider-Man: Homecoming (2017, Action) Robert Downey Jr., Chris Evans, Tom Holland.								★★★★ Spider-Man: Into the Spider-Verse ('18, Ani) Jake Johnson, Hailee Steinfeld, Shameik Moore.			Snowfall
57	CNN	57	CNN Films (N)		CNN Special Report "Inside the QAnon Conspiracy"		Stanley Tucci "Bologna"				Stanley Tucci "Rome"		StanTucci "Naples and the Amalfi Coast"	CNN Newsroom (N)
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 Week With Joshua Johnson (N)		American Voices		The Week With Joshua Johnson				The Week With Joshua Johnson		To Be Announced	Dateline
61	CNBC	61	Undercover Boss "Cinnabon, Inc."		Undercover Boss "Donatos"		Undercover Boss "Gigi's Cupcakes"				Undercover Boss "Phenix Salons, INC."		Under Boss "Fastsigns International"	Paid Program Paid Program
63	BRAV	63	(4:30) ★★★★ The Shawshank Redemption Tim Robbins.		★★ Mr. and Mrs. Smith (2005, Action) Angelina Jolie, Vince Vaughn, Brad Pitt.								★★ Mr. and Mrs. Smith (2005, Action) Angelina Jolie, Vince Vaughn, Brad Pitt.	
64	TCM	64	(5:00) ★★★ Gandhi (1982, Biography) Candice Bergen, Edward Fox, Ben Kingsley.				★★★ Killer's Kiss (1955, Mystery) Jamie Smith, Frank Silvera.				(:45) ★★★ The Remains of the Day Sir Anthony Hopkins.			
65	SYFY	65	(5:00) ★★★ John Wick: Chapter 2 ('17) Keanu Reeves.				★★★ The Fifth Element (1997, Sci-Fi) Milla Jovovich, Gary Oldman, Bruce Willis.				★★★ Colombiana (2011, Action) Michael Vartan, Callum Blue, Zoe Saldana.			
162	RFD	162	(4:30) PRCA Rodeo RFD-TV's The American Site: AT&T Stadium -- Arlington, Texas (L)							To Be Announced	Red Skelton Show "Down In the Dump"		Paid Program	

Sunday Evening — March 7

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 6:00 p.m. (N)		America's Funniest Home Videos (N)		American Idol "Auditions" The auditions continue. (N)				Who Wants to Be a Millionaire? (N)		News (N)	(:35) Full Measure
-	KOMO	4	KOMO 4 News Sunday at 6:00 p.m. (N)		America's Funniest Home Videos (N)		American Idol "Auditions" The auditions continue. (N)				Who Wants to Be a Millionaire? (N)		KOMO4News (N)	(:35) Full Measure
-	KING	5	NBC News (N)	KING 5 News (N)	The Voice "The Blind Auditions"				Game of Games "All I Do Is Twin" (N)		Good Girls "One Night in Bangkok" (N)		KING 5 News (N)	(:35) Band Seattle
6	KOIN	-	KOIN 6 News (N)	Weekend News (N)	60 Minutes		Oprah w/Meghan&Harry (N)			The Equalizer		The Neighborhood	KOIN 6 News (N)	(:35) Game On