Thursday Evening — March 18

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)	Station 19 "Learning to Fly" (N)		Grey's Anatomy "It's All Too Much" (N)		Million Little Thing "Miles Apart" (N)		News (N)	(:35) J. Kimmel (N)
- KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel Fortune (N)	Jeopardy! (N)	Station 19 "Learning to Fly" (N)		Grey's Anatomy "It's All Too Much" (N)		Million Little Thing "Miles Apart" (N)		KOMO4News (N)	(:35) J. Kimmel (N)
- KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Superstore (N)	Superstore	SVU "Hunt, Trap, Rape and Release"		Dateline NBC		KING 5 News (N)	(:35) Tonight (N)
6 KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon	B Positive	Mom (N)	Unicorn (SF) (N)	Clarice "Ghosts of Highway 20"		KOIN 6 News (N)	(:35) Colbert
7 KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon	B Positive	Mom (N)	Unicorn (SF) (N)	Clarice "Ghosts of Highway 20"		KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	The Good Stuff (N)	Inside Edition (N)	Superstore (N)	Superstore	SVU "Hunt, Trap, Rape and Release"		Dateline NBC		News (N)	(:35) Tonight (N)
9 KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Walker "Tracks" (N)		Legacies (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Mickela Mallozi	Outside Source	PBS NewsHour (N)		Oregon Art Beat	Oregon Guide	Shakespeare "O Brave New World"		Modus		Masterpiece "The Durrells in Corfu"	
12 KPTV	12	6 O'Clock News (N)		People	Family Feud	Hell's Kitchen "Sink or Swim" (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 "Sink or Swim" (N)		Call Me Kat (N)	Last Man St. (N)	Q13 NEWS AT 10 (N)		News (N)	The Simpsons
20 TBS	20	(3:20) Basket.	(:50) NCAA Basketball Division I Tournament (L)					March Madness	Full Frontal	American Dad!	American Dad!	American Dad!	American Dad!
- 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 NIT Tournament (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(5:00) NCAA Wrestling		UFC Archival		NCAA Basketball NIT Tournament (L)				NFL Live		UFC Archival	
31 NICK	31	The Loud House	The Loud House	The Casagrandes	Side Hustle	To Be Announced				Friends	Friends Pt. 1 of 2	Friends Pt. 2 of 2	Friends
32 DISN	32	Jessie	Jessie	Bunk'd	Bunk'd	Jessie	Jessie	Jessie	Big City Greens	Big City Greens	Bunk'd	Bunk'd	Sydney Max
34 FAM	34	★★★ Shrek (2001, Animated) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.				Grown-ish (N)		★★★ The Game Plan (2007, Family) Madison Pettis, Roselyn Sanchez, Dwayne Johnson.				The 700 Club	
35 FMC	35	(4:30) The Martian ('15) Matt Damon.		(:20) ★★★ The Martian (2015, Adventure) Jessica Chastain, Kate Mara, Matt Damon.						(:10) ★★★ Get Out ('17, Horror) Allison Williams, Catherine Keener, Daniel Kaluuya.			
36 LIFE	36	Rizzoli & Isles "Just Push Play"		Rizzoli & Isles "Food for Thought"		Married/ First Sight "Communication"		Married "Second Honeymoons Part One"		Married at First Sight		(:05) Married "Third Week's a Charm"	
38 ROOT	38	(3:30) MLB Baseball	Mariners Access	MLB Baseball Classics Seattle Mariners vs. Detroit Tigers August 22, 2001						Mariners Access	A.U. Volleyball Women's Orange vs. Gold		
39 FS1	39	(4:30) Soccer	CONCACAF Soccer Olympic Qualifying Costa Rica vs. United States				CONCACAF Soccer Olympic Qualifying Dominican Republic vs. Mexico				FIFA Magazine	Skip and Shannon: Undisputed	
43 SPIKE	43	Two and a Half	Two and a Half	To Be Announced							★★★ Inglourious Basterds ('09) Christoph Waltz, Brad Pitt.		
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 "Heat Wave"		Swamp People "Swamp Secrets"		Swamp People "Darkest Fears"		Swamp "Day of the Deckhand" (N)		(:05) Serpent Invasion "Python Gamble"	(:05) Swamp People "Swamp Secrets"		
46 A&E	46	The First 48 "Old Flame/ Bad Behavior"		The First 48		The First 48 "Spree Killer"		The First 48 "Killing Cousins" (N)		Nightwatch "Return to the Big Easy"	(:05) The First 48		
47 TLC	47	Return to Amish "Extra Chapter: Forgive Me, Carmela"				Return to Amish "Extra Chapter: Stay Amish or Go English?"				Return to Amish "Extra Chapter: No Turning Back"			
48 DISC	48	BattleBots		BattleBots		Homestead Rescue: Raney Ranch		Homestead Rescue		Homestead Rescue			
49 NGEO	49	Zero "The Hard Way"		Zero "Predator Proof"		Zero "New Chances"		Mode "Trial by Fire" (N)		Zero (N) /(:15) Grid "On the Edge" (N)		(:15) Zero "Predator Proof"	
50 TNT	50	Bones "The Bones That Foam"		Bones "The Salt in the Wounds"		★★ Justice League (2017, Action) Ben Affleck, Jason Momoa, Gal Gadot.					★★ Justice League (2017, Action) Ben Affleck, Gal Gadot.		
51 AMC	51	(3:00) The Green Mile ('99) Tom Hanks.		★★★★ Forrest Gump (1994, Comedy/Drama) Sally Field, Gary Sinise, Tom Hanks.						★★★★ Forrest Gump (1994, Comedy/Drama) Sally Field, Gary Sinise, Tom Hanks.			
52 USA	52	Law & Order: S.V.U. "Man Down"		Law & Order: S.V.U. "Revenge"		Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows (N)	Chrisley Knows (N)	She's the Boss (N)	Chrisley Knows	Chrisley Knows
53 FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Flay (N)		Beat Bobby Flay		Restaurant "Friends in Need" (N)		Beat Bobby Flay	Beat Bobby Flay
54 HGTV	54	RehabRescue "New Nest, Who This?"		Rehab Addict: Rescue "Sell or Stay"		Rehab Addict: Rescue "Sweat Equity"		RehabRes "Grandma's Bachelor Pad"		House Hunters (N)	House Hunters	House Hunters	House Hunters
56 FX	56	(5:00) ★★ The Fate of the Furious ('17) Dwayne Johnson, Vin Diesel.				★ Ride Along 2 (2016, Action/Comedy) Kevin Hart, Tika Sumpter, Ice Cube.				★ Ride Along 2 (2016, Action/Comedy) Kevin Hart, Tika Sumpter, Ice Cube.			
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		Deadly Rich "A Glittering Murder"		Dateline NBC "The Match" Pt. 1 of 2	
63 BRAV	63	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Summer House "Power-Pointless"		Summer House "Medium at Large" (N)		Watch What (N)	★★ Fifty Shades of Grey ('15) Dakota Johnson.		
64 TCM	64	(5:00) The Searchers ('56) John Wayne.		(:15) ★★★ Breakfast at Tiffany's ('61, Comedy/Drama) George Peppard, Patricia Neal, Audrey Hepburn.						★★★★ Swing Time (1935, Musical) Ginger Rogers, Victor Moore, Fred Astaire.		Stagecoach ('39)	
65 SYFY	65	(5:45) ★★ Death Wish ('18, Action) Elisabeth Shue, Vincent D'Onofrio, Bruce Willis.				★★ Robin Hood (2010, Adventure) Cate Blanchett, Mark Strong, Russell Crowe.					★★★ Salt (2010, Action) Liev Schreiber, Angelina Jolie.		
162 RFD	162	Nxt Lvl Frm (N)	Small Town (N)	Rural America 'Live' "AARP" (L)		Virtual Farm Show	Rural Eve. News	Grown	Farm Monitor	Nxt Lvl Farming	Small Town	Paid Program	

Friday Evening — March 19

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		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		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 "16 Ounces"		Dateline NBC Investigative features are covered.				KING 5 News (N)	(:35) Tonight Show
6 KOIN	-	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					KOIN News.	Game On!	KOIN 6 News at 10:00 p.m. (N)		KOIN 6 News (N)	(:35) Colbert
- KIRO	7	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					Game Day (N)	KIRO 7 News (N)	Judge Judy	Ent. Tonight	KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	Straight Talk (N)	Inside Edition (N)	The Blacklist "16 Ounces"		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 "The Magic Toilet" (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Your Backyard	BBC World News	PBS NewsHour (N)		Father Brown "The Celestial Chorus"		Call the Midwife		Seaside Hotel "Fatal Consequences"		Resistance	
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	(:10) NCAA Basketball Division I Tournament (L)				The Misery Index	American Dad!	American Dad!	American Dad!	American Dad!	Family Guy	Family Guy	Lakeview Terrace
- 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	(5:00) NCAA Wrestling Division I Championship (L)				SportsCenter (N)		SportsCenter With Scott Van Pelt (N)		SportsCenter With Scott Van Pelt (N)		SportsCenter With Scott Van Pelt	
30 ESPN2	30	NCAA Basketball NIT Tournament (L)				ESPN Documentaries		NFL Live		Max on Boxing	UFC Live	UFC Archival	
31 NICK	31	The Loud House	The Loud House	The Loud House	The Loud House	Dark? "The Tale of the Darkhouse" (N)		Friends	Friends	Friends	Friends	Friends	Friends
32 DISN	32	★★ Descendants 3 (2019, Family) Cameron Boyce, Sofia Carson, Dove Cameron.				Raven's Home (N)	Sydney/ Roll	(:15) BigCityGreen	(:40) BigCityGreen	(:05) Sydney Max	Raven's Home	(:55) Raven's Home	(:25) Sydney Max
34 FAM	34	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	FamilyGuy 1/2	FamilyGuy 2/2	Family Guy	Family Guy	The 700 Club	
35 FMC	35	(4:25) Kingsman: The Secret Service		(:05) ★★★ Kingsman: The Secret Service (2014, Action) Colin Firth, Samuel L. Jackson, Taron Egerton.						(:45) ★★ Life of Crime (2014, Comedy) John Hawkes, Yasiin Bey, Jennifer Aniston.		(:40) FXM Presents	
36 LIFE	36	Rizzoli & Isles "Too Good to Be True"		Rizzoli & Isles "Doomsday"		Little Women ATL "All the Rage" (N)		LW Atlanta "Don't Give Up On Me" (N)		To Be Announced		(:05) Marrying "Rodney, It's Your Mama"	
38 ROOT	38	Mariners Access	MLB Baseball Spring Training Chicago White Sox vs. Seattle Mariners Site: Peoria Stadium -- Peoria, Ariz. (L)						Mariners Access	MLB Baseball Spring Training Chicago White Sox vs. Seattle Mariners			
39 FS1	39	(5:00) CONCACAF Soccer		Poker Players Championship		Poker Players Championship		TMZ Sports (N)		Skip and Shannon: Undisputed		PBA Bowling Scorpion Championship	
43 SPIKE	43	Two and a Half	Two and a Half	★★★ Inglourious Basterds (2009, War) Christoph Waltz, Eli Roth, Brad Pitt.								Casino ('95, Crime Story) Robert De Niro.	
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 Nuclear Agenda"		Ancient Aliens		Ancient Aliens "William Shatner Meets Ancient Aliens"				(:05) Aliens "Impossible Artifacts"	(:05) Ancient Aliens		
46 A&E	46	The First 48		The First 48 "Vengeance/ Paid In Full"		The First 48 "Last Shift"		The First 48: Track "One Heart" (N)		Rescue Cam (N)	Rescue Cam	(:05) Live Rescue: Rewind	
47 TLC	47	Toddlers & Tiaras		Unexpected "Bitchy Teenage Girl"		90 Day Fiancé "More to Love: Into Your Arms" (N)				90 Day Fiancé (N)	Blended "Modern Day Brady Bunch"	90 Day Fiancé	
48 DISC	48	Gold Rush "Clear Eyes, Full Pans"		Gold Rush: Dirt "Attack or Retreat" (N)		Gold Rush Men risk everything to strike it rich mining for gold. (N)				Gold Rush		Gold Rush	
49 NGEO	49	Wicked Tuna "Game of Fins"		Wicked Tuna "Wreck It Ralph"		Wicked Tuna "Bank On It"		Wicked Tuna "Best Laid Plans"		Tuna /(:10) Tuna "Back in the Game"	(:10) Wicked Tuna "Bank On It"		
50 TNT	50	(4:15) NCAA Basket. (:50) NCAA Basketball Division I Tournament (L)						Fast Foodies	Fast Foodies	Masterminds (2016, Action) Owen Wilson, Kristen Wiig, Zach Galifianakis.			
51 AMC	51	★★★ Back to the Future (1985, Sci-Fi) Christopher Lloyd, Lea Thompson, Michael J. Fox.				★★★ Back to the Future (1989, Sci-Fi) Christopher Lloyd, Lea Thompson, Michael J. Fox.					Back to the Future III Michael J. Fox.		
52 USA	52	Chicago P.D. "Black and Blue"		Chicago P.D. "Descent"		Chicago P.D. "Brotherhood"		Chicago P.D. "Trust"		Chicago P.D. "Outrage"		Chicago P.D. "Saved"	
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	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Dream Home (N)	My Dream Home	House (N)	House (N)	My Dream Home	My Dream Home	My Dream Home	My Dream Home
56 FX	56	★★★ How to Train Your Dragon: The Hidden World ('19) Jay Baruchel.				★★ Jurassic World: Fallen Kingdom (2018, Action) Bryce Dallas Howard, Jeff Goldblum, Chris Pratt.						Mayans M.C.	
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	Deal or No Deal "It Takes Two"		Deal or No Deal		Deal No Deal "Million Dollar Ironman"		The News With Shepard Smith		American Greed: Deadly Rich		Dateline "Finding Sarah Goode" 1/2	
63 BRAV	63	Below "Sweet White Glove O' Mine"		Below Deck "Love, Love Me Stew"		Below Deck "Au Revoir, Sirocco"		★★ Mr. and Mrs. Smith (2005, Action) Angelina Jolie, Vince Vaughn, Brad Pitt.					Mr. & Mrs. Smith
64 TCM	64	Movie		★★ The Chase (1966, Drama) Jane Fonda, Marlon Brando, Robert Redford.				★★★★ Blood Simple (1984, Thriller) Dan Hedaya, Frances McDormand, John Getz.				(:15) Fleshpot on 42nd Street	
65 SYFY	65	(5:30) ★★ Robin Hood ('10, Adventure) Cate Blanchett, Mark Strong, Russell Crowe.				★★★ Salt (2010, Action) Liev Schreiber, Chiwetel Ejiofor, Angelina Jolie.				Wynonna Earp "Crazy" (N)		Resident Alien	
162 RFD	162	Texas-Reporter (N)	FarmHer (N)	SF Machinery	Bluegrass Trail	Country Legends	Rural News (N)	Presleys Jubilee	Penny Gilley Show	Texas-Reporter	SF Machinery	Paid Program	

Saturday Evening — March 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 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	Shark Tank		American Idol "Auditions" The judges wrap up the 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 wrap up the auditions.				KOMO4News (N)	(:35) HonorWrestle
- KING	5	NBC News (N)	KING 5 News (N)	L.M. Traveler	Raw Travel	Dateline NBC Investigative features are covered.						Saturday Night Live	KING 5 News (N) Sat. Night Live
6 KOIN	-	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					KOIN News.	EyeonRetirement			Entertainment Tonight Weekend	KOIN 6 News (N) (:35) In Depth (N)
7 KIRO	7	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					KIRO 7 Game Day (N)				Entertainment Tonight Weekend	KIRO 7 Tonight (N) (:35) Hot Topics
8 KGW	-	NBC News (N)	Straight Talk	Grant's Getaways	Inside Edition (N)	Dateline NBC Investigative features are covered.						Saturday Night Live	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	KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Pawn Stars
10 KOPB	10	Start Up	Start Up	Steves' Europe	Steves' Europe	Frankie Drake "Counterpunch"		Midsomer M.	(:45) Midsomer "Death and the Divas"		(:35) Forsyte Saga "Dinner at Swithin's"		BetweenCovers
12 KPTV	12	★★★ Morning Glory ('10) Harrison Ford, Diane Keaton, Rachel McAdams.				The Masked Singer		Game of Talents		10 O'Clock News (N)		I Can See Your Voice	
13 KPDX	-	Access Hollywood Weekend (N)		Big Bang Theory	Big Bang Theory	NCIS "Schooled"		NCIS: New Orleans "Poetic Justice"		Paid Program	Paid Program	Storm of Suspicion "Snowy Suspicions"	
- KCPQ	13	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	The Masked Singer		Game of Talents		News (N)	Most Wanted	I Can See Your Voice	
20 TBS	20	(:10) NCAA Basketball Division I Tournament (L)					MiseryIndex (N)	The Misery Index	★★★★ A Star Is Born (2018, Drama) Bradley Cooper, Sam Elliott, Lady Gaga.				
- KZJO	22	(5:00) WHL Hockey Portland vs Seattle			Modern Family	Modern Family	Modern Family	Q13 News (N)	Most Wanted	Nightwatch "Racing the Clock"		The Justice Report	
29 ESPN	29	(4:00) NCAA Wrestling		UFC UFC Fight Night Featuring UFC match-ups. (L)						SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(4:00) UFC UFC Fight Night (L)				SportsCenter (N)		SportsCenter (N)		UFC UFC			
31 NICK	31	★★★ Despicable Me ('10, Ani) Voices of Jason Segel, Russell Brand, Steve Carell.				Side Hustle "Uncle Nedward" (N)		Friends	Friends	Friends	Friends	Friends	Friends
32 DISN	32	Jessie	Jessie	Jessie	Just Roll With It	Just Roll With It	Big City Greens	BigCity/ BigCity	(:15) BigCityGreen	(:40) BigCityGreen	(:05) BigCityGreen	Big City Greens	Bunk'd Bunk'd
34 FAM	34	Movie		(:45) ★★ I Feel Pretty (2018, Comedy) Rory Scovel, Michelle Williams, Amy Schumer.						(:25) ★★ Sweet Home Alabama (2002, Comedy) Candice Bergen, Josh Lucas, Reese Witherspoon.			
35 FMC	35	(4:55) ★★★★ War for the Planet of the Apes Andy Serkis.				(:45) ★★★ Rise of the Planet of the Apes (2011, Sci-Fi) Andy Serkis, Freida Pinto, James Franco.				★★★ Dawn of the Planet of the Apes ('14) Jason Clarke, Gary Oldman.			
36 LIFE	36	★★ Web of Dreams (2019, Drama) Jennifer Laporte, David Lewis, Cindy Busby.				Ruby (2021, Drama) Crystal Fox, Gil Bellows, Naomi Judd. (P)				(:05) ★ Heaven (2018, Drama) Chris McNally, Paul Shapiro, Julie Benz.			
38 ROOT	38	Cape Cod: Jour.	Life in Between Gates (N)			Snow Motion (N)	In Depth	#InsideTheAsso.	Sports Stars	Cuba: Baseball	MLB Baseball Classics Seattle Mariners vs. Detroit Tigers August 22, 2001		
39 FS1	39	(4:30) Blink/Eye	NASCAR Race Hub	The Golden Hour				MFL Soccer Querétaro at Tijuana (L)				NASCAR Auto Racing EchoPark 250 Xfinity Series	
43 SPIKE	43	(5:30) ★★★ Indiana Jones and the Temple of Doom ('84) Harrison Ford.						★★★★ Indiana Jones and the Last Crusade (1989, Adventure) Sean Connery, Julian Glover, Harrison Ford.					Raiders of the Lost Ark Harrison Ford.
44 COM	44	(5:30) To Be Announced				To Be Announced						South Park	South Park
45 HIST	45	Pawn Stars "Decoding a Deal"		Pawn Stars "Raiders of the Lost Pawn"		Modern Marvels "Food: Cookies"		Modern Marvels "Food: Cheese"		(:05) Modern Marvels "Food: Ice Cream"		(:05) Modern Marvels "Food: Chocolate"	
46 A&E	46	★★ Taken 2 (2012, Action) Famke Janssen, Maggie Grace, Liam Neeson.				★★ American Sniper (2014, War) Sienna Miller, Luke Grimes, Bradley Cooper.						(:05) I Survived	(:35) I Survived
47 TLC	47	My 600-lb Life "Sean's Story"				My 600-lb Life "Supersized: Irene's Journey" (N)						My 600-lb Life "Lindsey's Story" Lindsay's food addiction is threatening everything.	
48 DISC	48	Exp. Unknown "Secrets of Brother XII"				Exp. Unknown "Close Encounters"		Expedition Unknown "Ancient Visitors"		Exped.Unknown "UFOs Over England"		Exped.Unknown "Roswell Revealed"	Exp. Unkn. "Butch Cassidy's Lost Loot"
49 NGEO	49	Smuggler "Dark Web and Liquid Drugs"				Smuggler "Endangered and Smuggled"		CatchSmuggl. "Internal Investigation"		To Catch a Smuggler "Mama's Meth"		RunWild (N) /(:15) Smuggler	(:15) Catch a Smuggler "Hidden Heroin"
50 TNT	50	(4:15) NCAA Basket. (:50) NCAA Basketball Division I Tournament (L)								Snowpiercer "The Eternal Engineer"		★★ Fist Fight (2017, Comedy) Charlie Day, Tracy Morgan, Ice Cube.	
51 AMC	51	★★ Divergent (2014, Action) Kate Winslet, Miles Teller, Shailene Woodley.								★★ Insurgent (2015, Sci-Fi) Theo James, Kate Winslet, Shailene Woodley.			Movie
52 USA	52	(:25) ★★★ Harry Potter and the Deathly Hallows: Part 1 (2010, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.								(:35) ★★★ Harry Potter and the Deathly Hallows: Part 2 ('11) Emma Watson, Daniel Radcliffe.			
53 FOOD	53	Diners, Drive-Ins "Rockin' New Orleans"		Diners, Drive-Ins "Rockstar Chefs"		Diners, Drive-Ins "West Coast Cookin'"		Diners, Drive-Ins "By Land And Sea"		Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins "Legends of Texas"	
54 HGTV	54	Property "New Family, New Floor Plan"		Property Br. "A Forever Home for Two"		Escape to the Chateau (N)				Rock the Block "Rock the Living Rooms"	Love It or List It "Work-Life Unbalance"	Love It or List It "All Work and No Play"	
56 FX	56	★★ Jurassic World: Fallen Kingdom (2018, Action) Bryce Dallas Howard, Jeff Goldblum, Chris Pratt.								★★★★ Deadpool (2016, Action) Morena Baccarin, Ed Skrein, Ryan Reynolds.			Snowfall
57 CNN	57	CNN Special Report (N)		Stanley Tucci "Tuscany"		Stanley Tucci "Milan"				Lincoln: Divided "A Proclamation"		Lincoln: Divided "The Dogs of War"	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		Dateline "Secrets in the Mist"	Dateline "Noises in the Night"
61 CNBC	61	Undercover Celeb "Ashley Graham"		Undercover Celeb "Gabby Douglas"		UndercoverBoss:Celeb "Idina Menzel"				UndercoverBoss:Celeb "Bethany Mota"		UndercoverBoss:Celeb "Jewel"	Paid Program
63 BRAV	63	★★ Miss Congeniality 2: Armed and Fabulous ('05) Regina King, Sandra Bullock.				★★ Miss Congeniality ('00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.				★★ Miss Congeniality ('00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.			Paid Program
64 TCM	64	Movie		(:45) ★★ A Walk in the Spring Rain ('70) Ingrid Bergman, Anthony Quinn.			(:45) Springtime			★★★★ The Third Man (1949, Suspense) Orson Welles, Alida Valli, Joseph Cotten.			The Roman Spring of Mrs. Stone
65 SYFY	65	(5:40) ★★ Transformers: Revenge of the Fallen (2009, Action) Megan Fox, Josh Duhamel, Shia LaBeouf.								★★★ Avengers: Age of Ultron (2015, Action) Scarlett Johansson, Chris Hemsworth, Robert Downey Jr.			
162 RFD	162	D. O'Donnell "Showtime - Part Two" (N)		Mollie B Polka Party		Larry's Country Diner "Bobby Marquez"		Presleys Jubilee	Penny Gilley Show	Red Skelton Sh. "The Fortune Cookie"		Paid Program	

Sunday Evening — March 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 6:00 p.m. (N)		America's Funniest Home Videos (N)		American Idol "Hollywood Week: Genre Challenge" (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 "Hollywood Week: Genre Challenge" (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, Part 5"				Game of Games "Get Dizzy With It" (N)		Good Girls "Fall Guy" (N)		KING 5 News (N)	(:35) Band Seattle
6 KOIN	-	KOIN 6 News (N)	Weekend News (N)	60 Minutes		The Equalizer "It Takes a Village" (P) (N)		NCIS: Los Angeles		NCIS: New Orleans		KOIN 6 News (N)	(:35) Game On!
7 KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		The Equalizer "It Takes a Village" (P) (N)		NCIS: Los Angeles		NCIS: New Orleans		KIRO 7 Tonight (N)	KIRO 7 Tonight (N)
8 KGW	-	NBC News (N)	Straight Talk	The Voice "The Blind Auditions, Part 5"				Game of Games "Get Dizzy With It" (N)		Good Girls "Fall Guy" (N)		News (N)	(:35) Sports Sunday
9 KRCW	3	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Batwoman "Survived Much Worse" (N)		Charmed "Witch Way Out" (N)		KOIN 6 News (N)	Game On	Seinfeld	Pawn Stars
10 KOPB	10	Oregon Art Beat	Oregon Guide	Bloodline	The Windermere Children			Masterpiece Classic "Howards End"		Masterpiece Classic "Howards End"		Masterpiece