Thursday Evening — July 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)		Jeopardy! (N)	Wheel of Fortune	Your Luck "It's Gettin' Hot in Here" (N)		Generation Gap (P) (N)		To Be Announced		News (N)	(:35) J. Kimmel (N)
● KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy! (N)	Your Luck "It's Gettin' Hot in Here" (N)		Generation Gap (P) (N)		To Be Announced		KOMO4News (N)	(:35) J. Kimmel (N)
● KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Law & Order		Law & Order: Special Victims Unit		Law & Order: Organized Crime		KING 5 News (N)	(:35) Tonight Show
6 KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon	U.S. of Al	Ghosts	B Positive	Bull "Caliban"		KOIN 6 News (N)	(:35) Colbert
● KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon	U.S. of Al	Ghosts	B Positive	Bull "Caliban"		KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Law & Order		Law & Order: Special Victims Unit		Law & Order: Organized Crime		KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "The One Who Got Away"		The Flash "Armageddon, Part 1" 1/5		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld Pt. 2 of 2
10 KOPB	10	Craftsman Legacy	Outside Source	PBS NewsHour (N)		Beyond/ CANVAS	This Is Utah	Broadchurch		Masterpiece Classic "Unforgotten"		Seaside Hotel "Amanda's Guests"	
12 KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef		Don't Forget the Lyrics		10 O'Clock News (N)		News (N)	(:35) Family Feud
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	FamilyGuy 2/2
● KCPQ	13	Fox 13 News at 6 p.m. (N)		You Bet Your Life	Big Bang Theory	MasterChef		Don't Forget the Lyrics		Fox 13 News at 10 p.m. (N)		Fox 13 News (N)	You Bet Your Life
20 TBS	20	Young Sheldon	Young Sheldon	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	Full Frontal	Young Sheldon	Young Sheldon
● KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	WNBA Basketball Seattle Storm vs. Los Angeles Sparks (L)			Fox 13 News at 9:00 p.m. (N)		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half
29 ESPN	29	(4:00) Draft (L)		NBA Basketball Summer League Houston Rockets vs. Orlando Magic (L)				NBA Basketball Summer League Portland Trail Blazers vs. Detroit Pistons (L)				SportsCenter (N)	
30 ESPN2	30	W.L. Lacrosse World Championship (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		NFL Live (N)	
31 NICK	31	(5:00) The SpongeBob Movie: Spong...		Danger Force (N)	Danger Force (N)	That Girl Lay Lay	SpongeBob	★★ Open Season ('06) Voices of Ashton Kutcher, Gary Sinise, Martin Lawrence.				Friends	Friends
32 DISN	32	Miraculous	Miraculous	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Jessie	Jessie	Big City Greens	Big City Greens	Miraculous	Miraculous
34 FAM	34	The Office	The Office	The Office	The Office	The Office	The Office	The Office 1/2	The Office 2/2	Good Trouble (N)		The 700 Club	
35 FMC	35	(5:40) ★★ Mike and Dave Need Wedding Dates Zac Efron.		(:35) ★★ Stuber (2019, Comedy) Kumail Nanjiani, Mira Sorvino, Dave Bautista.				★★★ Yesterday (2019, Comedy) Lily James, Sophia Di Martino, Himesh Patel.				(:50) FXM Presents	
36 LIFE	36	Rizzoli & Isles "It Takes a Village"		Rizzoli & Isles "Phoenix Rising"		Rizzoli "You Can't Stand the Heat"		Rizzoli & Isles "Burden of Proof"		(:05) Rizzoli "Bridge to Tomorrow"		(:05) Rizzoli & Isles "Foot Loose"	
38 ROOT	38	Mariners Access	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)						Post-game	Post-game	MLB Baseball Toronto vs Seattle	
39 FS1	39	(5:00) PBA Bowling (L)		FIA Off-Road Racing Island X Prix Extreme E Final				WWE SmackDown WWE superstars do battle in long-running rivalries.				PBA Bowling	
43 SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	To Be Announced					★★★ Ghostbusters ('84, Comedy) Harold Ramis, Bill Murray.		
44 COM	44	The Office	The Office	The Daily Show	(:45) The Office	(:20) The Office		(:55) The Office	The Office	The Office	The Office	The Daily Show	(:45) The Office
45 HIST	45	(5:00) Alone	Alone "The Land Giveth"			Alone "The Weasel"		Alone "The Birds" The prospects of a long stay increase. (N)			(:35) Kings "Aquarium Nightmares" (N)		(:35) Mountain
46 A&E	46	The First 48 "Desperate Moves"		The First 48 "Green-Eyed Monster"		The First 48 "Freestyling" (N)		Accused: Guilty or Innocent (N)		IntRaw "Conduct Unbecoming" (N)		(:05) The First 48 "Easy Mark"	
47 TLC	47	Seeking Sister Wife "Three's a Crowd"		SisterWife "Do You Have Condoms?"		Dr. Pimple "Big Pop on Campus"		Dr. Pimple "Comedone Sail Away"		Dr. Pimple Popper "Brain Pimple"		Dr. Pimple "Driving Miss Lumpy"	
48 DISC	48	Mys. Abandoned "Chinese Nuclear Box"		Abandoned "Amazon Ghost Town"		Mysteries of the Abandoned		Mys. Abandoned "Hollywood vs. Nazis"		Abandoned "Ghosts of Mount Fortune"		Myst. of Abandoned "Nazi Death Star"	
49 NGEO	49	Life Below Zero "Midnight Sun"		Life Below Zero "Higher Ground"		First Alaskans "Sign of Good Luck"		Roots "It Takes a Village" (N)		First Alaskans "Sign of Good Luck"		Roots "It Takes a Village"	
50 TNT	50	Movie	(:45) ★★★ The Dark Knight (2008, Action) Heath Ledger, Aaron Eckhart, Christian Bale.							Harley Quinn	Harley Quinn	Batman Begins ('05, Act) Christian Bale.	
51 AMC	51	(5:00) ★★ Pearl Harbor (2001, War) Kate Beckinsale, Josh Hartnett, Ben Affleck.				★★★ Forrest Gump (1994, Comedy/Drama) Sally Field, Gary Sinise, Tom Hanks.						Forrest Gump ('94) Tom Hanks.	
52 USA	52	SVU "I Deserve Some Loving Too"		SVU "Swimming With the Sharks"		Chrisley Knows	(:25) Chrisley (N)	Chrisley Knows (N)	Austin Dillon (N)	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows
53 FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Restaurant "A Trifecta of Failure" (N)		Beat Flay (N)	Beat Flay (N)	Me or the Menu "Saucy Situations" (N)		Beat Bobby Flay	Beat Bobby Flay
54 HGTV	54	No Demo Reno "Marriage Mulligan"		No Demo Reno "Out of the Gray"		No Demo Reno "Goodbye Beige"		No Demo Reno "Between Friends" (N)		House Hunters	House Hunters	House Hunters	House Hunters
56 FX	56	(4:30) Thor ('11, Act) Chris Hemsworth.		★★★★ Thor: Ragnarok (2017, Action) Cate Blanchett, Mark Ruffalo, Chris Hemsworth.						The Old Man "V" Chase and Harper face decisive tests. (N)		The Old Man	
57 CNN	57	CNN Tonight (N)		Don Lemon Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight	
58 FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity	
60 MSNB	60	MSNBC Prime (N)		The Last Word (N)		The 11th Hour (N)		MSNBC Prime		The Last Word		The 11th Hour with Stephanie Ruhle	
61 CNBC	61	Shark Tank		Shark Tank		Shark Tank		The News With Shepard Smith		American Greed: Scam		Dateline "The Box" Pt. 1 of 2	
63 BRAV	63	Below Deck "Stew Coup"		Southern Charm "Great Ex-pectations"		S. Charm "Never Before Scene 802" (N)		Southern Charm (N)		Austin Dillon	Austin Dillon	The Fast and the Furious Vin Diesel.	
64 TCM	64	Movie	★★ A Woman Rebels ('36) Donald Crisp, Katharine Hepburn.			(:15) ★★ The Great Man Votes ('38) John Barrymore.			(:45) ★★★★ Ladies of the Jury ('32) Ken Murray.			Doctor Zhivago ('65, Epic) Omar Sharif.	
65 SYFY	65	(5:00) ★★★ Dante's Peak ('97) Pierce Brosnan.				★★★ Speed (1994, Action) Sandra Bullock, Dennis Hopper, Keanu Reeves.				★★★ Cast Away (2000, Drama) Helen Hunt, Nick Searcy, Tom Hanks.			
162 RFD	162	Nxt Lvl Farming	Where the Food	Rural America 'Live' "T-Mobile" (L)		Old Iron		Rural Eve. News		Grown	Farm Monitor	Nxt Lvl Farming	Where the Food	Paid Program

Friday Evening — July 8

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 of Fortune	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 of Fortune	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	American Ninja Warrior "ANW All Star Spectacular"				Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6 KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	S.W.A.T. "Donor"		Magnum P.I.		Blue Bloods "Protective Instincts"		KOIN 6 News (N)	(:35) Colbert
● KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	S.W.A.T. "Donor"		Magnum P.I.		Blue Bloods "Protective Instincts"		KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	Grant's Getaways	Inside Edition (N)	American Ninja Warrior "ANW All Star Spectacular"				Dateline NBC		KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Penn&Teller "Stabba Dabba Deck"		Dynasty (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Woodsmith Shop	BBC World News	PBS NewsHour (N)		Frankie Drake "The Girls Can't Help It"		The Hunter		How to Be Likeable in a Crisis		Jamestown	
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)		News (N)	(:35) Family Feud
13 KPDX	-	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8 p.m. Prime News		9 p.m. Prime News		Big Bang Theory	The Simpsons	Family Guy	FamilyGuy 1/2
● KCPQ	13	Fox 13 News at 6 p.m. (N)		You Bet Your Life	Big Bang Theory	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				Fox 13 News at 10 p.m. (N)		Fox 13 News (N)	You Bet Your Life
20 TBS	20	Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	★★ The Nutty Professor ('96) Eddie Murphy.			(:50) ★★ Nutty Professor II: The Klumps ('00) Janet Jackson, Eddie Murphy.			(:40) Full Frontal	
● KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	You Bet Your Life	You Bet Your Life	Fox 13 News at 9:00 p.m. (N)		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half
29 ESPN	29	(4:30) MLS Soccer D.C./PHI (L)		MLS Soccer Los Angeles Galaxy at Los Angeles FC (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(5:00) NBA Basketball Summer League (L)		NBA Basketball Summer League (L)				Streetball	Streetball	Around Horn (N)	Interruption (N)	NFL Live (N)	
31 NICK	31	(5:00) The Lorax ('12, Ani) Zac Efron.		The Loud House	Casagrandes (N)	Star Trek: Prodigy "Lost and Found"		Friends	Friends	Friends	Friends	Friends	Friends
32 DISN	32	Jessie	Jessie	Bunk'd	Bunk'd (N)	Villains Valley (N)	Ultra Violet (N)	Raven's Home (N)	Jessie	Jessie	Bunk'd	Villains Valley	Ultra Violet
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	(4:45) Wendy (2020, Fable) Devin France.		★★ Wendy (2020, Fable) Yashua Mack, Gage Naquin, Devin France.				(:15) FXM Presents	★★ A Beautiful Day in the Neighborhood ('19) Matthew Rhys, Tom Hanks.			(:45) FXM Presents	
36 LIFE	36	Castle "XY"		Castle "XX"		Castle "PhDead"		Castle "What Lies Beneath"		(:05) Castle "The Nose"		(:05) Castle "Cool Boys"	
38 ROOT	38	(5:30) Boxing			Boxing Triller Fight Club Card TBA				Lineage of Great	Vargas Family	Poker Night	Poker Heartland Tour	
39 FS1	39	(5:00) Soccer Copa America (L)		ARCA Auto Racing Dawn 150				NASCAR Racing O'Reilly Auto Parts 150		FIA Off-Road Racing Island X Prix Extreme E Final			
43 SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★★ The Goonies (1985, Adventure) Corey Feldman, Josh Brolin, Sean Astin.					★★★ Gremlins (1984, Comedy) Phoebe Cates, Zach Galligan.		
44 COM	44	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	Esther Povitsky: Hot for My Name	
45 HIST	45	Ancient Aliens "Human Hieroglyphs"		Aliens "Secrets of the Exoplanets"		Ancient Aliens "The Lost City of Peru"		Ancient Aliens (N)		(:05) Aliens "Secrets of the Maya"		(:05) Ancient Aliens "Area 52"	
46 A&E	46	First 48 "Memphis Blues/ Widow Maker"		The First 48 "Cold Betrayal"		The First 48 "Standing Ground"		The First 48		The First 48 "The Invader"		(:05) The First 48 "Last Shift"	
47 TLC	47	90 Day Diaries		90 Day Diaries "Where Is the Love?"		90 Day Fiancé				90 Day Fiancé (N)	Chantel "Unusual and Highly Suspect"	90 Day Fiancé	
48 DISC	48	Gold Rush		Gold Rush Parker "Floating Gold" (N)		Gold Rush: Parker's Trail "Parker's Prospect" (N)				Opal Hunters "Walls Closing In" (N)		Opal Hunters "Rookie Mistake" (N)	
49 NGEO	49	Wicked Tuna "Pressure Point"		Wicked Tuna "Tried and True"		Wicked Tuna: Outer Banks "Goldrush"		Wicked Tuna "Down to the Dollar"		Wicked Tuna "The Big One"		Wicked Tuna: Outer Banks "Red Seas"	
50 TNT	50	(5:30) ★★ Rampage ('18) Malin Akerman, Dwayne Johnson.				★★ San Andreas (2015, Action) Carla Gugino, Alexandra Daddario, Dwayne Johnson...				All Elite Wrestling: Rampage (N)		Titans "Trigon"	
51 AMC	51	(:10) Breaking Bad "Bit by a Dead Bee"		(:20) Breaking Bad "Down"				Breaking Bad "Breakage"	(:35) Breaking Bad "Peekaboo"	(:45) Breaking Bad "Negro y Azul"		(:50) Breaking Bad	
52 USA	52	Chi.Fire "Funny What Things Remind Us"		Chicago Fire "My Lucky Day"		Chicago Fire "Blow This Up Somehow"		Chicago Fire "Dead of Winter"		Chicago Fire "Escape Route"		Chicago Fire "Double Red"	
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	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	Dream Home (N)		My Dream Home	My Dream Home	My Dream Home	My Dream Home
56 FX	56	(4:00) Thor: Ragnarok Chris Hemsworth.		★★★ The Avengers (2012, Action) Chris Evans, Scarlett Johansson, Robert Downey Jr..						★★★ Black Panther ('18) Michael B. Jordan, Lupita Nyong'o, Chadwick Boseman.			
57 CNN	57	CNN Tonight (N)		Don Lemon Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight	
58 FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity	
60 MSNB	60	MSNBC Prime (N)		The Last Word (N)		The 11th Hour (N)		MSNBC Prime		The Last Word		The 11th Hour with Stephanie Ruhle	
61 CNBC	61	Greed "The Real Wolf of Wall Street"		Amer. Greed "'Vintage' Wine Fraud"		Amer. Greed "Psychic Fiend's Network"		The News With Shepard Smith		Greed "$udden Death/ Hip Hop Hustle"		Dateline "A Deadly Path" Pt. 1 of 2	
63 BRAV	63	Movie	★★ Too Fast Too Furious (2003, Action) Tyrese Gibson, Eva Mendes, Paul Walker.					★★★ Fast Five (2011, Action) Paul Walker, Dwayne Johnson, Vin Diesel.				Fast Five (2011, Action) Vin Diesel.	
64 TCM	64	Movie	(:45) ★★★★ The Thing (1982, Sci-Fi) Wilford Brimley, David Clennon, Kurt Russell.					(:45) ★★★★ Invasion of the Body Snatchers ('78) Brooke Adams, Leonard Nimoy, Donald Sutherland.				The Velvet Vampire Michael Blodgett.	
65 SYFY	65	Quantum "A Tale of Two Sweeties"		(:05) Quantum Leap "Liberation"		(:10) Quantum Leap "Dr. Ruth"		(:15) Quantum Leap "Blood Moon"		(:20) Quantum Leap "Return of the Evil Leaper"		(:25) Quantum Leap	
162 RFD	162	Texas-Reporter	FarmHer	SF Machinery	Bluegrass Trail	Country Legends	Rural News (N)	My Bluegrass	Penny Gilley Show	Texas-Reporter	SF Machinery	Paid Program	

Saturday Evening — July 9

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	America's Funniest Home Videos				Generation Gap		The Rookie "Long Shot"	News (N) (:35) News (N)
● KOMO	4	KOMO4News (N)		Wheel of Fortune	Jeopardy!	America's Funniest Home Videos				Generation Gap		The Rookie "Long Shot"	KOMO4News (N) (:35) News (N)
● KING	5	NBC News (N)	KING 5 News (N)	L.M. Traveler		Raw Travel		Transplant "Saviours" (N)		Dateline NBC Investigative features are covered.			KING 5 News (N) Sat. Night Live
6 KOIN	-	(5:00) SRX Auto Racing (L)		Entertainment Tonight Weekend (N)				Bull		Paid Program	Paid Program	48 Hours	KOIN 6 News (N) (:35) In Depth
● KIRO	7	(5:00) SRX Auto Racing (L)		KIRO 7 News (N)				Bull		Service Awards		48 Hours	KIRO 7 Tonight (N) Ent. Tonight (N)
8 KGW	-	NBC News (N)	Straight Talk	Grant's Getaways	Inside Edition (N)	Transplant "Saviours" (N)				Dateline NBC Investigative features are covered.			KGW News at 11 Sat. Night Live
9 KRCW	3	KOIN 6 News (N)	Young Sheldon	Modern Family	Modern Family	Whose Line Is It?	Would I Lie (SF) (N)	Illusion (N)	Masters of Illusion	KOIN 6 News at 10:00 p.m. (N)			MacGyver
10 KOPB	10	Ch. Bee "Welcome to Texas Beekeeping"		Steves' Europe	Steves' Europe	Emma				Shakespeare "Thy Fury Spent"		Thou Shalt Not Kill	Masterpiece Mystery! "Grantchester"
12 KPTV	12	(4:00) MLB Baseball (L)		★★★ Major League (1989, Comedy) Tom Berenger, Corbin Bernsen, Charlie Sheen.						Celebration Service		10 O'Clock News (N)	Name That Tune
13 KPDX	-	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	To Be Announced						SOS: How to Survive "Desert Heat"	Storm of Suspicion "Doomed by Dew"
● KCPQ	13	(4:00) MLB Baseball (L)		Big Bang Theory	Big Bang Theory	TMZ (N)				Big Bang Theory	Big Bang Theory	FOX 13 News (N)	The Spotlight Name That Tune
20 TBS	20	(5:00) The Boss ('16) Melissa McCarthy.		Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers			Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory The Boss ('16, Com) Melissa McCarthy.
● KZJO	22	Fox 13 News at 6 p.m. (N)		Monk "Mr. Monk on Wheels"		Modern Family	Modern Family			Modern Family	Modern Family	★★ Peggy Sue Got Married ('86) Nicolas Cage, Barry Miller, Kathleen Turner.	
29 ESPN	29	UFC UFC Fight Night Site: UFC Apex -- Las Vegas, Nev. (L)								SportsCenter (N)		SportsCenter (N)	SportsCenter (N)
30 ESPN2	30	(5:00) NBA Basketball Summer League (L)		NBA Basketball Summer League (L)						30 for 30 "The Greatest Mixtape Ever"		Streetball	UFC UFC Fight Night Featuring UFC match-ups. Preliminaries
31 NICK	31	SpongeBob	SpongeBob	★★★ Shrek 2 ('04, Animated) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.						Friends	Friends	Friends	Friends Friends Friends
32 DISN	32	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Ghost & Molly	Ghost & Molly	Ghost & Molly	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Big City Greens Miraculous
34 FAM	34	(:15) The Office 1/2	(:45) The Office 2/2	(:15) The Office	(:50) The Office	(:20) The Office	(:55) The Office "Two Weeks"			(:25) The Office	(:55) The Office	The Office	The Office The Office
35 FMC	35	(:55) ★★★ The Secret Life of Pets 2 ('19) Patton Oswalt.		(:40) ★★ The House With a Clock in Its Walls ('18) Cate Blanchett, Jack Black.						(:35) FXM Presents	/(:45) ★★ The House With a Clock in Its Walls Jack Black.		(:40) FXM Presents
36 LIFE	36	★★ Flowers in the Attic ('14) Ellen Burstyn, Kiernan Shipka, Heather Graham.				Flowers in the Attic: The Origin "Part 1: The Marriage" (N)						(:05) ★★ Flowers in the Attic ('14) Ellen Burstyn, Kiernan Shipka, Heather Graham.	
38 ROOT	38	Mariners Access	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)								Post-game	MarinersPre-game MLB Baseball Toronto vs Seattle
39 FS1	39	(4:00) MLS Soccer	USFL Football Playoffs									MLB Baseball San Francisco Giants at San Diego Padres Site: Petco Park -- San Diego, Calif.	
43 SPIKE	43	(4:00) To Be Announced		★★★ The Accountant (2016, Crime Story) Anna Kendrick, J.K. Simmons, Ben Affleck.								To Be Announced	
44 COM	44	Movie	To Be Announced				To Be Announced						To Be Announced
45 HIST	45	A. Pickers "Wolves in Picker's Clothes"		American Pickers "Back Road Buys"		American Pickers "Secrets of the Hotel"		Amer. Pickers "Searching in Selma" (N)		(:05) American Pickers (N)			(:05) American Pickers "Dani Goes East"
46 A&E	46	First 48 "Killer Debt/ House of Rage"		First 48 "Fast Friends/ The Thin Line"		The First 48 "Division/ Loose Ends" (N)				First Blood (N)			Panic 9-1-1 (N) (:05) The First 48
47 TLC	47	Little People, Big World		Little People "Break in the Matrix"		Say Yes to the Dress (N)				(:05) 90 Day "Pillow Talk: In the Ring"			90 Day Fiancé
48 DISC	48	Wipeout		Wipeout		Wipeout		Wipeout		Wipeout			Wipeout Wipeout
49 NGEO	49	Peru "Covered in Cocaine"		Peru "Caught On Camera"		Peru "Cocaine in the Clothes"		Peru "Friends with Secrets"				Peru "Cocaine Carrier"	Peru "Drugs and Dominoes"
50 TNT	50	(5:45) ★★★ Kong: Skull Island ('17) Samuel L. Jackson, Tom Hiddleston.				★★ The Meg (2018, Action) Ruby Rose, Bingbing Li, Jason Statham.					★★★ Kong: Skull Island ('17) Tom Hiddleston.		
51 AMC	51	Breaking Bad "Abiquiu"		(:10) Breaking Bad "Half Measures"		(:15) Breaking Bad "Full Measure"				(:25) Breaking Bad "Box Cutter"		(:35) Breaking Bad "Thirty-Eight Snub"	(:40) Breaking Bad
52 USA	52	Chicago P.D. "Trust"		Chicago P.D. "Outrage"		9-1-1 "Kids Today"				9-1-1 "Sink or Swim"		9-1-1 "The Searchers"	9-1-1 "Triggers"
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	Love It or List It "Work-Life Unbalance"		Love It or List It "On Shaky Ground"		Love It or List It "Design Intervention"		Steal This House (N)				Love/List "Dark and Dated Overhaul"	Love It/List It "Downtown Disconnect"
56 FX	56	(4:00) The Avengers Robert Downey Jr..		★★★★ Avengers: Infinity War (2018, Action) Chris Evans, Chadwick Boseman, Josh Brolin.									★★★ Thor (2011, Action) Anthony Hopkins, Chris Hemsworth.
57 CNN	57	CNN Brown (N)		CNN Films "Citizen Ashe" The enduring legacy of tennis great Arthur Ashe.				United Shades of America		United Shades "#livingwhileblack"			United Shades "Not All White People"
58 FNC	58	Unfiltered		Lawrence Jones Cross Country		One Nation		Unfiltered		Lawrence Jones Cross Country			One Nation
60 MSNB	60	Ayman (N)		American Voices		Ayman		Ayman		Dateline			Dateline "Consumed"
61 CNBC	61	Undercover Celeb "Ashley Graham"		Undercover Boss "Club Med"		Under Boss "Walk On's Bistreaux & Bar"		UndercoverBoss:Celeb "Idina Menzel"		Undercover Boss "Gerber Group"			Paid Program Paid Program
63 BRAV	63	Below Deck "Infinitely Business"		Below Deck "We Made It, Ya Slags"		★★★ The Bourne Legacy (2012, Action) Rachel Weisz, Edward Norton, Jeremy Renner.							The Bourne Ultimatum Matt Damon.
64 TCM	64	(5:00) Bonnie and Clyde Warren Beatty.		★★★★ Blow Up (1966, Police) Vanessa Redgrave, Sarah Miles, David Hemmings.						High Tide (1987, Drama) Jan Adele,			★★★ Citizen Kane ('41, Drama) Joseph Cotten, Orson Welles.
65 SYFY	65	★★★ Batman (1989, Action) Jack Nicholson, Kim Basinger, Michael Keaton.				★★★ Guardians of the Galaxy Vol. 2 (2017, Action) Zoe Saldana, Dave Bautista, Chris Pratt.							
162 RFD	162	Daniel O'Donnell "The Gospel Show"		Mollie B Polka Party		Larry's Country "Riders in the Sky"				Paid Program	Paid Program	Red Skelton "On an Icicle Built for Two"	Paid Program

Sunday Evening — July 10

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		Celebrity Family Feud (N)		The Final Straw (P) (N)		The $100,000 Pyramid (N)		News (N)	(:35) Full Measure
● KOMO	4	KOMO 4 News Sunday at 6:00 p.m. (N)		America's Funniest Home Videos		Celebrity Family Feud (N)		The Final Straw (P) (N)		The $100,000 Pyramid (N)		KOMO4News (N)	(:35) Full Measure
● KING	5	NBC News (N)	KING 5 News (N)	Think You Are "Billy Porter" (SP) (N)		Dancing "Belly Roll Challenge"		America's Got Talent "Simon's Favorite Golden Buzzers"				KING 5 News (N)	(:35) Band Seattle
6 KOIN	-	Eye on Northwest	Weekend News (N)	60 Minutes		Big Brother (N)		The Equalizer		NCIS: Los Angeles "Bonafides"		KOIN 6 News (N)	(:35) Game On!
● KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		Big Brother (N)		The Equalizer		NCIS: Los Angeles "Bonafides"		KIRO 7 Tonight (N)	KIRO 7 Tonight (N)
8 KGW	-	NBC News (N)	Straight Talk	Think You Are "Billy Porter" (SP) (N)		Dancing "Belly Roll Challenge"		America's Got Talent "Simon's Favorite Golden Buzzers"				KGW News (N)	(:35) Sports Sunday
9 KRCW	3	KOIN 6 News (N)	Young Sheldon	Modern Family	Modern Family	Riverdale (N)		Penn & Teller: Fool Us		KOIN 6 News (N)	Game On	Two and a Half	Two and a Half
10 KOPB	10	Beyond/ CANVAS	This Is Utah	Great American R "Love Language"		Hotel Portofino "Uncoverings" (N)		Masterpiece "Grantchester" (SP) (N)		Cobra (SP) (N)		Masterpiece Classic "Beecham House"	
12 KPTV	12	Family Feud	Family Feud	Beat Shazam "Holding Out for a Hero!"		The Simpsons	The Great North	Bob's Burgers	Family Guy	10 O'Clock News (N)		News (N)	(:35) Joel Osteen
13 KPDX	-	To Be Announced		Portland Timbers		Mike & Molly	Mike