THURSDAY EVENING

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

JULY 28

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	Press Your Luck "Oh Mylanta!" (N)		Gener. Gap "Starring Carla Fibs" (N)		Fatal "Secrets in the Freezer" (SF) (N)		News (N)	(:35) J. Kimmel (N)
4 KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy! (N)	Press Your Luck "Oh Mylanta!" (N)		Gener. Gap "Starring Carla Fibs" (N)		Fatal "Secrets in the Freezer" (SF) (N)		KOMO4News (N)	(:35) J. Kimmel (N)
5 KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Law & Order "Severance"		Crime "Can't Knock the Hustle"		SVU "Once Upon a Time in El Barrio"		KING 5 News (N)	(:35) Tonight Show
6 KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon	Ghosts	Big Brother (N)		CSI: Vegas "Under the Skin"		KOIN 6 News (N)	(:35) Colbert
7 KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon	Ghosts	Big Brother (N)		CSI: Vegas "Under the Skin"		KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Law & Order "Severance"		SVU "Once Upon a Time in El Barrio"		Crime "Can't Knock the Hustle"		KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "Partners and Third Wheels"		The Flash "Armageddon, Part 4" 4/5		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Craftsman Legacy	Outside Source (N)	PBS NewsHour (N)		Beyond/ CANVAS	This Is Utah (N)	Broadchurch		Masterp. "Around the World in 80 Days"		Seaside Hotel "The Strandvaskeren"	
12 KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef "Bake to Win"		Welcome to Flatch	Call Me Kat	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	Family Guy
8 KCPQ	13	Fox 13 News at 6 p.m. (N)		You Bet Your Life	Big Bang Theory	MasterChef "Bake to Win"		Welcome to Flatch	Call Me Kat	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
8 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	The Captain (N)		The Captain (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	Basketball	Streetball	30 for 30 "The Greatest Mixtape Ever"		Streetball	NFL Live (N)		The Captain (N)		The Captain (N)		Interruption (N)
31 NICK	31	(5:00) The Peanuts Movie		Lay Lay (N)	Young Dylan (N)	Side Hustle	(:40) SpongeBob	Friends	Friends	Friends	Friends	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	The Office	Trouble "A Penny With a Hole In It" (N)		The 700 Club	
35 FMC	35	(:05) ★★★ How to Train Your Dragon: The Hidden World ('19) Jay Baruchel.				★★ Ice Age: Collision Course ('16) John Leguizamo, Denis Leary, Ray Romano.		(:55) ★★ A Beautiful Day in the Neighborhood ('19) Matthew Rhys, Tom Hanks.					
36 LIFE	36	Rizzoli & Isles "A Shot in the Dark"		Rizzoli "Two Shots: Move Forward"		Rizzoli "Dangerous Curve Ahead"		Rizzoli & Isles "Cops vs. Zombies"		(:05) Rizzoli & Isles "Post Mortem"		(:05) Rizzoli & Isles "Shadow of Doubt"	
38 ROOT	38	(5:00) MLB Baseball Seattle Mariners at Houston Astros (L)				Post-game	MarinersPre-game	MLB Baseball Seattle Mariners at Houston Astros Site: Minute Maid Park -- Houston, Texas					Post-game
39 FS1	39	(5:00) MLB Baseball Seattle Mariners at Houston Astros (L)				MLB on FS1 Post-game (L)		WWE SmackDown WWE superstars do battle in long-running rivalries. (L)				TMZ Sports (N)	Triathlon
43 SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★★ The Shawshank Redemption (1994, Drama) Morgan Freeman, James Whitmore, Tim Robbins.							Movie
44 COM	44	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Daily Show (N)	To Be Announced
45 HIST	45	Pawn Star "May the Pawn Be With You"		Pawn Stars "I Don't Give a Dime"		Alone "The Ice Up"		Alone "Winter's Grasp" A fierce snow storm wreaks havoc. (N)		(:35) Alone "Before the Freeze" (N)		(:35) Mountain	
46 A&E	46	The First 48 "Murder in Pleasant Grove"		The First 48 "Abandoned by the Bayou"		The First 48: Scared Silent (N)		Accused: Guilty or Innocent (N)		InterrogtRaw "Murder by Scissors" (N)		(:05) The First 48	
47 TLC	47	Seeking Sister Wife		Seeking Sister Wife		. Pimple Popper		Dr. Pimple Popper (N)		My Feet Are Killing Me (N)		My 600-lb Life "Teretha's Story"	
48 DISC	48	Mission Shark Dome		Jaws vs. Kraken "Fintacular"		Sharks! With Tracy Morgan (N)		Shark House (N)		Monster Make Under the Rig (N)		Tiger Queen (N)	
49 NGEO	49	Shark Side of the Moon		Shark Queens		Baby Sharks (N)		The Shark That Ate Everything (N)		Blood (N)	Blood (N)	Baby Sharks	
50 TNT	50	(4:45) Angel Has Fallen Gerard Butler.		(:15) ★★★ Kingsman: The Secret Service (2014, Action) Colin Firth, Samuel L. Jackson, Taron Egerton.						Harley Quinn	Harley Quinn	Step Brothers ('08, Comedy) Will Ferrell.	
51 AMC	51	★★★ Caddyshack (1980, Comedy) Rodney Dangerfield, Ted Knight, Chevy Chase.				★★★ Sixteen Candles ('84) Anthony Michael Hall, Molly Ringwald.				★★★ Fast Times at Ridgemont High ('82) Jennifer Jason Leigh, Sean Penn.			
52 USA	52	SVU "Post-Graduate Psychopath"		SVU "Wolves in Sheep's Clothing"		Chrisley Knows	Chrisley Knows (N)	Chrisley Knows (N)	Austin Dillon (N)	(:05) Austin Dill (N)	(:35) Chrisley	(:05) Miz & Mrs.	(:35) Miz & Mrs.
53 FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Restaurant "Destination, Hawk Springs"		Beat Flay (N)	Beat Bobby Flay	Me or the "Engaged and Confused" (N)		Beat Bobby Flay	Beat Bobby Flay
54 HGTV	54	No Demo Reno "Blended Styles"		NoDemo "Everything but the Cabinets"		No Demo Reno (N)		No Demo Reno (N)		House Hunters	House Hunters	House Hunters	House Hunters
56 FX	56	(5:00) ★★ Kingsman: The Golden Circle ('17) Channing Tatum, Taron Egerton.				★★ Talladega Nights: The Ballad of Ricky Bobby ('06) John C. Reilly, Sacha Baron Cohen, Will Ferrell.				★★ Talladega Nights: The Ballad of Ricky Bobby			
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 "The Fyre Festival"		Dateline "Mystery on Lockhart Road"	
63 BRAV	63	Southern Charm		Southern Charm		S. Charm "Never Before Scene 805" (N)		S. Charm "Shuckers and Sinners" (N)		Watch What (N)	★★ Billy Madison ('95) Bradley Whitford, Adam Sandler.		
64 TCM	64	(5:00) Mysterious Island Michael Craig.		★★★★ Godzilla (1954, Sci-Fi) Kin Sugai, Akira Takarada.			(:45) ★★★ The Monster That Challenged the World			(:15) ★★ The Lost Continent ('68) Hildegard Knef, Eric Porter.		Movie	
65 SYFY	65	(4:05) Batman ('89, Act) Michael Keaton.		(:05) ★★★ Batman Returns (1992, Action) Danny DeVito, Michelle Pfeiffer, Michael Keaton.						★★ Batman Forever (1995, Action) Jim Carrey, Nicole Kidman, Val Kilmer.			
162 RFD	162	Nxt Lvl Farming	WhereFood (N)	Rural America 'Live' (L)		Old Iron	Rural Eve. News	Grown	Farm Monitor	Nxt Lvl Farming	Where the Food	Paid Program	

FRIDAY EVENING

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

JULY 29

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
4 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
5 KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	American Ninja Warrior "Semifinals 2" The semifinals continue in Los Angeles.				Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6 KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Celeb. Reno. "Billy Gardell" (SP) (N)		Magnum P.I. "Run, Baby, Run"		Blue Bloods "Long Lost"		KOIN 6 News (N)	(:35) Colbert
7 KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Celeb. Reno. "Billy Gardell" (SP) (N)		Magnum P.I. "Run, Baby, Run"		Blue Bloods "Long Lost"		KIRO 7 Tonight (N)	(:35) Colbert
8 KGW	-	KGW News (N)	KGW News (N)	Straight Talk (N)	Inside Edition (N)	American Ninja Warrior "Semifinals 2" The semifinals continue in Los Angeles.				Dateline NBC		KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Penn & Teller: Fool Us "Ghostbusters"		Funniest Animals	Funniest Animals	KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Woodsmith Shop	World News (N)	PBS NewsHour (N)		Frankie Drake "The Guilty Party"		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	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy
8 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	American Dad!	American Dad!	American Dad!	American Dad!	★★ Men in Black 3 (2012, Action) Tommy Lee Jones, Josh Brolin, Will Smith.				(:05) ★★★ Central Intelligence ('16, Com) Kevin Hart, Amy Ryan, Dwayne Johnson.			
8 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	Basketball The Tournament (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	CFL Football BC Lions at Saskatchewan Roughriders Site: Mosaic Stadium -- Regina, Sask. (L)						NFL Live (N)		The Captain		The Captain	
31 NICK	31	The Loud House	The Loud House	The Loud House	Casagrandes (N)	Star Trek Prod (N)	Star Trek Prod (N)	Friends	Friends	Friends	Friends	Friends	Friends
32 DISN	32	(:55) ★★ Despicable Me 3 ('17, Ani) Kristen Wiig, Steve Carell,				Bunk'd (N)		Villains Valley (N)	Ultra Violet (N)	Raven's Home 1/2	Raven's Home 2/2	Villains Valley	Villains Valley
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	(4:50) Bloodshot ('20, Action) Vin Diesel.		(:05) ★★ Jason Bourne (2016, Action) Julia Stiles, Alicia Vikander, Matt Damon.						(:45) ★★ The Great Wall ('16) Tian Jing, Matt Damon.			(:40) FXM Presents
36 LIFE	36	Castle "Lucky Stiff"		Castle "The Final Nail"		Castle "Setup" Pt. 1 of 2				Castle "Countdown" Pt. 2 of 2		(:05) Castle "One Life to Lose"	(:05) Castle "Law and Murder"
38 ROOT	38	(5:00) MLB Baseball Seattle Mariners at Houston Astros (L)				Post-game	MarinersPre-game	MLB Baseball Seattle Mariners at Houston Astros Site: Minute Maid Park -- Houston, Texas					
39 FS1	39	NASCAR Truck Racing TSport 200 (L)				MLS Soccer Seattle Sounders FC at Los Angeles FC Site: Banc of California Stadium (L)						TMZ Sports (N)	The Relentless
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	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 "Top Ten Alien Artifacts"		Aliens "Top Ten Mysterious Sites"		Ancient Aliens		Ancient Aliens (N)		(:05) Aliens "The Storming of Area 51"		(:05) Ancient Aliens	
46 A&E	46	The First 48 "Final Celebration"		The First 48 "Murder Rap"		The First 48 "The Cover Up/ Bad Seed"		The First 48		The First 48 "Unforgotten: Darrin"		(:05) The First 48 "Taken for a Ride"	
47 TLC	47	90 Day Diaries "Just Keep Swimming"		90 Day Diaries "Life Is a Highway"		90 Day Fiancé "More to Love: Last Lip Single" Kara and Guillermo tie the knot. (N)				90 Day Fiancé (N)	Family/ Chantel "Recipe for Disaster"	90 Day Fiancé	
48 DISC	48	Great White Serial Killer Extinction		GreatWhiteSerialKill "Fintacular" (N)		Jaws vs. the Blob (N)		Clash of Killers (N)		Shark Women (N)		The Great Hammerhead Stakeout (N)	
49 NGEO	49	The Croc		Sky Sharks: Shark Superpower		Jaws Invasion (N)		Better Dog "Frozen in Fear" (N)		Better Dog "Short Legs, Short Fuse" (N)		Jaws Invasion	
50 TNT	50	(5:00) Bad Boys ('95, Action) Will Smith.		★★ Bad Boys II (2003, Action) Will Smith, Jordi Mollà, Martin Lawrence.						All Elite Wrestling: Rampage (N)		Tag (2018, Comedy) Jeremy Renner.	
51 AMC	51	★★★ Fast Times at Ridgemont High ('82) Jennifer Jason Leigh, Sean Penn.				★★★ Jaws (1975, Horror) Richard Dreyfuss, Robert Shaw, Roy Scheider.						Jaws 2 (1978, Horror) Roy Scheider.	
52 USA	52	(5:00) ★★★ Olympus Has Fallen ('13) Gerard Butler.				★★★ John Wick (2014, Action) Adriana Palicki, Bridget Moynahan, Keanu Reeves.		★★★ John Wick: Chapter 2 (2017, Action) Common, Ruby Rose, Keanu Reeves.					
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	My Dream Home
56 FX	56	(5:30) ★★ Ted (2012, Comedy) Mila Kunis, Seth MacFarlane, Mark Wahlberg.				★★★ The Hangover (2009, Comedy) Bradley Cooper, Zach Galifianakis, Ed Helms.				★★ The Hangover Part II ('11, Com) Zach Galifianakis, Ed Helms, Bradley Cooper.			
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	Super Heists "A Van Full of Dollars"		Heist "All the President's Money?"		Super Heists "The Inside Job"		The News With Shepard Smith		Heist "Secrets of the Transy Book Heist"		Dateline "The Mystery on Bridle Path"	
63 BRAV	63	(5:00) Despicable Me		★★ Despicable Me 2 (2013, Animated) Kristen Wiig, Benjamin Bratt, Steve Carell,				★★★ Despicable Me ('10, Ani) Voices of Jason Segel, Russell Brand, Steve Carell,				Despicable Me 2 ('13, Ani) Steve Carell.	
64 TCM	64	(5:00) ★★★ Barry Lyndon ('75, Dra) Marisa Berenson, Patrick Magee, Ryan O'Neal.				(:15) ★★★ A Clockwork Orange (1971, Drama) Patrick Magee, Michael Bates, Malcolm McDowell.				(:45) ★★ Eyes Wide Shut ('99) Nicole Kidman, Tom Cruise.			
65 SYFY	65	Warehouse 13 "Secret Santa"		Warehouse 13 "The New Guy"		Warehouse 13 "Trials"		Warehouse 13 "Love Sick"		Warehouse 13 "Queen for a Day"		Warehouse 13 "3...2...1"	
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

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)		Oregon Sports Awards		America's Funniest Home Videos		Celebrity Family Feud (N)		Shark Tank		News (N)	(:35) News (N)
4 KOMO	4	KOMO4News (N)		Wheel of Fortune	Jeopardy!	America's Funniest Home Videos		Celebrity Family Feud (N)		Shark Tank		KOMO4News (N)	(:35) News (N)
5 KING	5	NBC News (N)	KING 5 News (N)	L.M. Traveler	Raw Travel	★★ Furious 7 (2015, Action) Paul Walker, Jason Statham, Vin Diesel.						KING 5 News (N)	Sat. Night Live
6 KOIN	-	News (N)	Weekend News (N)	Entertainment Tonight Weekend (N)		FBI: Most Wanted "Reaper"		48 Hours				KOIN 6 News (N)	(:35) In Depth
7 KIRO	7	KIRO 7 News (N)	Weekend News (N)	KIRO 7 News (N)	Seafair Torchlight Parade (N)			48 Hours				KIRO 7 Tonight (N)	FBI: Most Wanted
8 KGW	-	NBC News (N)		Straight Talk	Grant's Getaways	Inside Edition (N)	★★ Furious 7 (2015, Action) Paul Walker, Jason Statham, Vin Diesel.					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	Masters of Illusion	Masters of Illusion	KOIN 6 News at 10:00 p.m. (N)		MacGyver	
10 KOPB	10	Charlie Bee Company "Queen Me"		Steves' Europe	Steves' Europe	Cranford		Shakespeare "All That Glisters"		Thou Shalt Not Kill		Masterpiece Mystery! "Grantchester"	
12 KPTV	12	(4:00) MLB Baseball (L)		Go/Nitro		★★ We Own the Night (2007, Action) Eva Mendes, Mark Wahlberg, Joaquin Phoenix.				10 O'Clock News (N)		Name That Tune "Rock the Night Away"	
13 KPDX	-	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	★★★ Summer Rental (1985, Comedy) Rip Torn, Richard Crenna, John Candy.				SOS: How to Survive "Deadly Cold"		Storm of Suspicion "Icy Ending"	
8 KCPQ	13	(4:00) MLB Baseball Min./S.D. (L)		Big Bang Theory	Big Bang Theory	TMZ (N)		Big Bang Theory	Big Bang Theory	FOX 13 News (N)	The Spotlight	Name That Tune "Rock the Night Away"	
20 TBS	20	Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Bruce Almighty ('03) Jim Carrey.	
8 KZJO	22	Fox 13 News at 6 p.m. (N)		Modern Family	NWSL Soccer OL Reign vs. Angel City FC (N)				Modern Family	★★ We Own the Night ('07, Act) Eva Mendes, Mark Wahlberg, Joaquin Phoenix.			
29 ESPN	29	(5:00) UFC UFC 277 (L)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(4:00) CFL Football Win./Cal. (L)		The Captain "No Blueprint For Success"		The Captain		ATL Track & Field				30 for 30 "The Greatest Mixtape Ever"	
31 NICK	31	(5:00) The Lorax ('12, Ani) Zac Efron.		Are You Afraid of the Dark? "The Tale of the Silver Sight" (N)				Friends	Friends	Friends	Friends	Friends	Friends
32 DISN	32	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Chibiverse (N)	Miraculous 2/2	Miraculous	Miraculous	Miraculous	(:25) Miraculous		(:35) Chibiverse
34 FAM	34	(:15) The Office	(:45) The Office	(:15) The Office	(:50) The Office	(:20) The Office	(:55) The Office "Sexual Harassment"		(:25) The Office	(:55) The Office	The Office	Spider-Man 3 ('07, Act) Tobey Maguire.	
35 FMC	35	Movie		★★★ Man on Fire (2004, Action) Dakota Fanning, Marc Anthony, Denzel Washington.				(:55) ★★★ Only the Brave (2017, Drama) Jennifer Connelly, Josh Brolin, Taylor Kitsch.					(:40) FXM Presents
36 LIFE	36	Flowers in the Attic: The Origin "Part 3: The Murderer"				Flowers in the Attic: The Origin "Part 4: The Martyr" (N)				(:05) Flowers in the Attic: The Origin "Part 4: The Martyr"			
38 ROOT	38	(4:00) MLB Baseball Sea./Hou. (L)		Post-game	MarinersPre-game	MLB Baseball Seattle Mariners at Houston Astros Site: Minute Maid Park -- Houston, Texas						Post-game	Poker Night
39 FS1	39	MLB Baseball Texas Rangers at Los Angeles Angels Site: Angel Stadium -- Anaheim, Calif. (L)						MLB Baseball Milwaukee Brewers at Boston Red Sox Site: Fenway Park -- Boston, Mass.					
43 SPIKE	43	(5:00) To Be Announced				To Be Announced				To Be Announced			
44 COM	44	Movie	To Be Announced						To Be Announced			To Be Announced	
45 HIST	45	American Pickers "Frank Meet Brank"		American Pickers "Coal Gold"		Amer. Pickers "Rocket Ray Round-Up"		Amer. Pickers "Pool Hall Picking" (N)		(:05) American Pickers "Brofest" (N)		(:05) American Pickers "Chopper King"	
46 A&E	46	The First 48 "Blood Red/ Deadly Moves"		The First 48		The First 48 "Fatal Mistake"				First Blood (N)		Panic911 "I'm Dying and I Love Him" (N)	(:05) The First 48 "Deadly Premonition"
47 TLC	47	The Family Chantel "Dirty Laundry"		Family/ Chantel "Recipe for Disaster"		Say Yes to the Dress (N)				90 Day Fiancé		90 Day Fiancé "Pillow Talk: Last Sip Single"	
48 DISC	48	Jackass Shark Week		Air Jaws: Top Guns "Fintacular" (N)		Monsters of the Cape (N)				Sharks in Paradise (N)		JackassShark Johnny's Knoxville's friend is afraid of sharks.	Shark Rober
49 NGEO	49	Great White vs. Tiger Shark		Shark Superpower		Sharks Attack "Tourist Terror" (N)				Sharks A. "Great White Revenge" (N)		Sharks Attack "Nightmare Coast" (N)	When Sharks Attack "Tourist Terror"
50 TNT	50	★★ Men in Black (1997, Sci-Fi) Tommy Lee Jones, Vincent D'Onofrio, Will Smith.				★★ Men in Black II ('02, Sci-Fi) Tommy Lee Jones, Will Smith.				(:45) ★★ Men in Black 3 (2012, Action) Tommy Lee Jones, Josh Brolin, Will Smith.			
51 AMC	51	(4:30) Jaws 2 ('78, Horror) Roy Scheider.		★★ Pearl Harbor (2001, War) Kate Beckinsale, Josh Hartnett, Ben Affleck.								★★★ Forrest Gump (1994, Comedy/Drama) Sally Field, Gary Sinise, Tom Hanks.	
52 USA	52	Movie	(:50) ★★★ John Wick: Chapter 3 - Parabellum (2019, Action) Halle Berry, Laurence Fishburne, Keanu Reeves.						(:40) ★★★ John Wick: Chapter 3 - Parabellum ('19, Act) Halle Berry, Laurence Fishburne, Keanu Reeves.				
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/List "This Space Is Looking Up"		Love It or List It "Bachelor Pad Blues"		Love It or List It "1970s Drab to Fab"		Steal "Dinner, Drums and Dens" (N)		Love It/List It "Bachelor Pad Overhaul"		Love It or List It "Time for a Change"	
56 FX	56	(5:00) Pitch Perfect 3 Anna Kendrick.		★★★ Spider-Man: Far From Home (2019, Action) Samuel L. Jackson, Jake Gyllenhaal, Tom Holland.						★★★ Spider-Man: Far From Home ('19) Samuel L. Jackson, Tom Holland.			
57 CNN	57	Patagonia Life on Ed "Mountains"		Patagonia Life on Ed "Fjordlands"		United Shades Of America		CNN Special (N)		CNN Special (N)		CNN Special (N)	
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 "Mystery in Mustang"		Dateline	
61 CNBC	61	Undercover Celeb "Gabby Douglas"		Under Boss "Mayor of Gary, Indiana"		Boss "Nestle Toll House Cafe by Chips"		Undercover Boss "Phenix Salons, INC."		Undercover Boss "Sky Zone"		Paid Program	Paid Program
63 BRAV	63	(5:00) Happy Gilmore Adam Sandler.		★★★ Blended (2014, Comedy) Drew Barrymore, Bella Thorne, Adam Sandler.				★★★ Blended (2014, Comedy) Drew Barrymore, Bella Thorne, Adam Sandler.					
64 TCM	64	(5:00) Phantom Thread		(:15) Falbalas Micheline Presle, Jean Chevrier, Raymond Rouleau.			(:15) ★★★ Raw Deal ('48, Cri) Claire Trevor, Raymond Burr, Dennis O'Keefe.					Cool Hand Luke ('67) Paul Newman.	
65 SYFY	65	(5:10) ★★★ Harry Potter and the Prisoner of Azkaban ('04) Daniel Radcliffe.				(:10) ★★★ Harry Potter and the Goblet of Fire (2005, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.							
162 RFD	162	Daniel O'Donnell "The Classic Concert"		Mollie B Polka Party		Larry's Country Diner "David Ball"		Paid Program		Paid Program		The Red Skelton Show	

SUNDAY 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	News (N)	Your Voice	America's Funniest Home Videos		Celebrity Family Feud (N)		Final Straw "The Wedding Crasher" (N)		The $100,000 Pyramid (N)		News (N)	(:35) Full Measure
4 KOMO	4	KOMO 4 News Sunday at 6:00 p.m. (N)		America's Funniest Home Videos		Celebrity Family Feud (N)		Final Straw "The Wedding Crasher" (N)		The $100,000 Pyramid (N)		KOMO4News (N)	(:35) Full Measure
5 KING	5	NBC News (N)	KING 5 News (N)	Think You Are "Zachary Levi" (N)		Dancing With Myself "Robot Grooves"		America's Got Talent "Auditions 7" The auditions continue.				KING 5 News (N)	(:35) Band Seattle
6 KOIN	-	Eye on Northwest	Weekend News (N)	60 Minutes		Big Brother (N)		The Equalizer "Separated"		NCIS: Los Angeles "Subject 17"		KOIN 6 News (N)	(:35) Game On!
7 KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		Big Brother (N)		The Equalizer "Separated"		NCIS: Los Angeles "Subject 17"		KIRO 7 Tonight (N)	KIRO 7 Tonight (N)
8 KGW	-	NBC News (N)	Straight Talk	Think You Are "Zachary Levi" (N)		Dancing With Myself "Robot Grooves"		America's Got Talent "Auditions 7" The auditions continue.				KGW News (N)	(:35) Sports Sunday
9 KRCW	3	KOIN 6 News (N)	Young Sheldon	Modern Family	Modern Family	Riverd