

MONDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														AUGUST 22	
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	The Bachelorette (N)				Claim to Fame "Spot the Difference" (N)	News (N)	(35) J. Kimmel (N)																	
3	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	The Bachelorette (N)				Claim to Fame "Spot the Difference" (N)	KOMO4News (N)	(35) J. Kimmel (N)																	
5	KING	(5) NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	American Ninja Warrior	Contestants try to become the next Ninja Warrior.			Weakest Link	KING 5 News (N)	(35) Tonight Show																	
6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight (N)	The Neighborhood	Bob Hearts	NCIS "Pledge of Allegiance"		NCIS: Hawai'i "Spies, Part 2" Pt. 2 of 2	KOIN 6 News (N)	(35) Colbert																	
7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	The Neighborhood	Bob Hearts	NCIS "Pledge of Allegiance"		NCIS: Hawai'i "Spies, Part 2" Pt. 2 of 2	KIRO 7 Tonight (N)	(35) Colbert																	
8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	American Ninja Warrior	Contestants try to become the next Ninja Warrior.			Weakest Link	KGW News (N)	(35) Tonight Show																	
9	KRCW	(3) Young Sheldon	Young Sheldon	Modern Family	Modern Family	Roswell "Follow Your Down" (N)	In the Dark "In the Deep End" (N)			KOIN 6 News at 10:00 p.m. (N)	Seinfeld	Seinfeld																	
10	KOPB	(10) This Old House	Outside Source	PBS NewsHour (N)		Antique "Philbrook Museum Hour 3"	Ore. Experience	Ore. Experience		Antiques Roadshow	POV "Through the Night"																		
11	KPTV	(12) 6 O'Clock News (N)		Family Feud	Family Feud	TMZ Special (N)				10 O'Clock News (N)	News (N)	(35) Family Feud																	
13	KPDx	(13) Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)				Big Bang Theory	The Simpsons	Family Guy	Family Guy																
14	KCPQ	(13) News (N)	The Spotlight	You Bet Your Life	Big Bang Theory	TMZ Special (N)				Fox 13 News at 10 p.m. (N)	Fox 13 News (N)	PersonPlaceThing																	
20	TBS	(20) Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	American Dad!	American Dad!																
21	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) (5:00) NFL Football	Pre-season Atlanta Falcons at New York Jets (L)			SportsCenter With Scott Van Pelt (N)				SportsCenter (N)																			
30	ESPN2	(30) World of X Games (N)		World of X Games (N)		Spikeball				30 for 30 "The U" A story of football and racial tensions in 1980s Miami.	UFC Archival																		
31	NICK	(31) PatrickStarShow	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends																
32	DISN	(32) Tangled-Series	Tangled-Series	Disney's Magic Bake-Off "Frozen"		★★★ Frozen ("13, Family) Voices of Idina Menzel, Kristen Bell. ("45) HamsterGretl				(10) BigCityGreen	(35) BigCityGreen	Miraculous	Miraculous																
34	FAM	(34) (5:30) ★★ National Treasure (2004, Adventure) Diane Kruger, Justin Bartha, Nicolas Cage.				★★★ National Treasure: Book of Secrets (2007, Adventure) Jon Voight, Ed Harris, Nicolas Cage.						The 700 Club																	
35	FMC	(35) (5:45) ★★ Ma (2019, Horror) Diana Silvers, Octavia Spencer. ("40) ★★ Don't Let Go ("19, Dra) Storm Reid, Mykelti Williamson, David Oyelowo. ("50) ★★ Don't Let Go (2019, Drama) Storm Reid, Mykelti Williamson, David Oyelowo.				(05) Phrogging "Ex Marks The Spot" (N)				(05) Phrogging "Ex Marks The Spot" (N)																			
36	LIFE	(36) The First 48		The First 48 "Snatched"		The First 48: Crit "Heat of the Moment"	Sleeping With a Killer "Raul Ortiz" (N)			(05) Phrogging "Ex Marks The Spot" (N)																			
38	ROOT	(38) Mariners Access	Mariners Access	Mariners Access	MarinersSpot.	Boxing Card TBA				Fight Sports: Grand Sumo (N)	Fight Sports MMA																		
39	F51	(39) Motorcycle Racing	Black Hills Half-Mile	Motorcycle Racing	Castle Rock TT	PBC "Andy Ruiz Jr. vs. Luis Ortiz" (N)	Skip and Shannon: Undisputed			TMZ Sports (N)	MLS Soccer Atlanta vs Columbus																		
43	SPIKE	(43) Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★ Tommy Boy (1995, Comedy) David Spade, Bo Derek, Chris Farley.				★★★ Major League ("89, Com) Tom Berenger, Charlie Sheen.																			
44	COM	(44) The Office	The Office	The Daily Show	(45) The Office	(20) The Office	The Office	The Office	The Office	The Office	The Office	The Daily Show	(45) The Office																
45	HIST	(45) Ancient Aliens "Food of the Gods"		Ancient Aliens "Food of the Gods"		Modern Marvels				(05) Modern Marvels	(05) Modern Marvels																		
46	A&E	(46) Intervention		Intervention		Intervention				(05) Intervention	(05) Intervention																		
47	TLC	(47) Chantel "What Are You Doing Here?"		The Family Chantel	"Like a Lawyer"	sMothered (N)				Digital Addition																			
48	DISC	(48) (5:00) Street Outlaws: Full Throttle		Street Outlaws: Full Throttle		Street Outlaws: End Game "Get in the Game" JJ, Shawn, Ryan, Kye and Axman meet up in Las Vegas. (N)				Seeking Sister Wife (N)	Mama'sBoy "We Belong Together"																		
49	NGEO	(49) Primal Survivor "Cloud Forest Hunters"		Primal Survivor "Masters of Fire"		Running Wild				Running Wild (N)	Running Wild																		
50	TNT	(50) (5:30) ★★ The Intern ("15, Com) Anne Hathaway, Adam DeVine, Robert De Niro.				★★★ The Blind Side (2009, Sport) Tim McGraw, Quinton Aaron, Sandra Bullock.				★★★ The Blind Side ("09, Spt) Tim McGraw, Sandra Bullock.																			
51	AMC	(51) (4:45) Uncle Buck ("89, Com) John Candy.		★★★ Sixteen Candles ("84) Anthony Michael Hall, Molly Ringwald.		Kevin Ca "Mrs. McRoberts is Dead" (N)				★★★ Sixteen Candles ("84) Anthony Michael Hall, Molly Ringwald.																			
52	USA	(52) Chicago P.D. "Outrage"		Chicago P.D. "Night in Chicago"		WWE Raw (N)						Sneak Grass "All Boys Are Snakes" (N)																	
53	FOOD	(53) Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Bobby and Sophie On the Coast (N)		Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay																
54	HGTV	(54) Unsellable Houses "Timeless Elegance"		Inside Out (N)		Flip To A Million (N)				Love It or List It "Time for a Change"																			
55	FX	(55) ★★ Skyscraper (2018, Action) Neve Campbell, Noah Taylor, Dwayne Johnson.		★★ The A-Team (2010, Action) Bradley Cooper, Jessica Biel, Liam Neeson.						★★ Ted (2012, Comedy) Mila Kunis, Mark Wahlberg.																			
57	CNN	(57) CNN Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360				CNN Tonight																			
58	FNC	(58) Hannity		The Ingraham Angle		Gutfeld!				Hannity																			
60	MSNB	(60) The Rachel Maddow Show (N)		The Last Word (N)		The 11th Hour (N)				The Rachel Maddow Show																			
61	CNBC	(61) Shark Tank		Shark Tank		American Greed: Scam				Dateline "The Devil's Bathtub"																			
63	BRAY	(63) Below Deck "Break-Ups and Shake-Ups"		Below "Never Before Scene 706" (N)		BD Down Under "The Safety Dance"				Below Deck "For Tooth's Sake"																			
64	TCM	(64) Movie	(45) ★★ What Price Hollywood? ("32) Lowell Sherman, Constance Bennett.		Bed of Roses ("33) Constance Bennett.	(45) ★ The Easiest Way ("31) Constance Bennett.				(15) Law of the Tropics																			
65	SYFY	(65) (4:05) Fast Five (2011, Action) Vin Diesel.		★★ Central Intelligence (2016, Comedy) Kevin Hart, Amy Ryan, Dwayne Johnson.		★★ Journey 2: The Mysterious Island ("12) Vanessa Hudgens, Josh Hutcherson.				The Scorpion King																			
162	RFD	(162) Rancher (N)	Red Steagall (N)	NHSRA Rodeo	Horse/West (N)	The Experience 1/2 Rural Eve. News	Farm Progress Show Preview 2022			American Rancher	Red Steagall	Paid Program																	

TUESDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														AUGUST 23	
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	Celebrity Wheel of Fortune		Generation Gap		Celebrity Family Feud		News (N)	(35) J. Kimmel (N)																
3	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	Celebrity Wheel of Fortune		Generation Gap		Celebrity Family Feud		KOMO4News (N)	(35) J. Kimmel (N)																
5	KING	(5) NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	America's Got Talent	Hopeful stars display their talents.			Password		KING 5 News (N)	(35) Tonight Show																
6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight (N)	FBI "Fostered"		FBI: Int. "One Kind of Madman"		FBI: Most Wanted "Gladiator"		KOIN 6 News (N)	(35) Colbert																
7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	FBI "Fostered"		FBI: Int. "One Kind of Madman"		FBI: Most Wanted "Gladiator"		KIRO 7 Tonight (N)	(35) Colbert																
8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	America's Got Talent	Hopeful stars display their talents.			Password		KGW News (N)	(35) Tonight Show																
9	KRCW	(3) Young Sheldon	Young Sheldon	Modern Family	Modern Family	Leonardo (N)	Devils (N)			KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld																
10	KOPB	(10) Ask-Old House	Outside Source	PBS NewsHour (N)		Finding Your Roots "Fashion's Roots"	A.Exper. "The Murder of Emmett Till"			Frontline		Reel South "Broken Wings"																	
11	KPTV	(12) 6 O'Clock News (N)		Family Feud	Family Feud	So You Think You Can Dance	Fantasy Island			10 O'Clock News (N)		News (N)	(35) Family Feud																
13	KPDx	(13) 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																
14	KCPQ	(13) Fox 13 News at 6 p.m. (N)		You Bet Your Life	Big Bang Theory	So You Think You Can Dance	Fantasy Island			Fox 13 News at 10 p.m. (N)		Fox 13 News (N)	PersonPlaceThing																
20	TBS	(20) (4:00) MLB Baseball	New York Mets at New York Yankees (L)	Post-game Show		Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon	George Lopez																
21	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) ESPN Films (N)				SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)																	
30	ESPN2	(30) WNBA Basketball	Playoffs (L)			NFL's Greatest (N)	NFL Live			30 for 30 "The U Part 2" Miami football tries to recover from NCAA sanctions.		NFL Live																	
31	NICK	(31) The Loud House	The Loud House	The Loud House	SpongeBob	SpongeBob	SpongeBob	Friends		Friends		Friends	Friends																
32	DISN	(32) ★★ Descendants 3 (2019, Family)	Cameron Boyce, Sofia Carson, Dove Cameron.			★★★ Mulan (1998, Animated)	Eddie Murphy, Ming-Na Wen.	(35) Ultra Violet		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		Fort Salem "Revolution Part 2" (F) (N)	The 700 Club																
35	FMC	(35) (4:45) ★★ Ford V. Ferrari (19, Drama)	Christian Bale, Jon Bernthal, Matt Damon.			(55) ★★ Ford V. Ferrari (19, Drama)	Christian Bale, Jon Bernthal, Matt Damon.					(05) Slender Man (18, Hor)	Joey King.																
38	LIFE	(36) Grey's A. "Good Mourning/ Goodbye"		Grey's Anatomy		Grey's Anatomy "Tainted Obligation"	Grey's Anatomy "Invasion"			(05) Grey's A. "I Saw What I Saw"		(05) Grey's A. "Give Peace a Chance"																	
38	ROOT	(38) Mariners Spotlight/MarinersPre-game		MLB Baseball Washington Nationals at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)						Post-game	MarinersPre-game	MLB Baseball Washington vs Seattle																	
39	FS1	(39) (5:00) AVP Volleyball	Atlanta Open	AVP Beach Volleyball	Manhattan Beach Open		Skip and Shannon: Undisputed			TMZ Sports (N)		WWE SmackDown																	
43	SPIKE	(43) Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★ Major League (1989, Comedy)	Tom Berenger, Corbin Bernsen, Charlie Sheen.			To Be Announced																			
44	COM	(44) The Office	The Office	The Daily Show	(45) Tosh.0	(20) Tosh.0	(55) Tosh.0	Tosh.0		Tosh.0		The Daily Show	(45) South Park																
45	HIST	(45) History's Greatest Mysteries "Roswell: The First Witness - The Writer"		The First Witness - The Writer		History's Greatest Mysteries "The Death of Bruce Lee"				(05) History's Greatest Mysteries "Houdini's Lost Diaries"		(05) Origins of Hip-Hop																	
46	A&E	(46) The First 48		The First 48		Origins of Hip-Hop		Origins of Hip-Hop		Origins of Hip-Hop		(05) Origins of Hip-Hop																	
47	TLC	(47) 7 Little Johnstons "The Finn-ale"		7 Johnstons "Eyebrows and Anxiety"		sMothered "Mother Approved" (N)		7 Little Johnstons (N)		My Big Fat Fabulous Life (N)		SisterWife "An Emotional Rollercoaster"																	
48	DISC	(48) Deadliest Catch "No Turning Back"		Catch "Operation Animal Drop" (N)		Deadliest Catch		Deadliest Catch "I Don't Wanna Die"		Deadliest Catch "The Aftermath" The fleet struggles to complete the season.																			
49	NGEO	(49) Life Below Zero "The Burning Man"		Life Below Zero "Open Season"		Life Below 0 "The Great Changeover"		Primal Survivor "Extreme Plains" (N)		Life Below 0 (N)	Northern "Falling Behind"	Northern																	
50	TNT	(50) (4:00) Armageddon (98) Bruce Willis.		★★ Ready Player One (2018, Action)	Letitia Wright, Olivia Cooke, Tye Sheridan.					Titans "Jericho"		Ready Player One (18) Tye Sheridan.																	
51	AMC	(51) (5:30) ★★ Road House (1989, Action)	Sam Elliott, Ben Gazzara, Patrick Swayze.			★★★ Tombstone (1993, Western)	Val Kilmer, Michael Biehn, Kurt Russell.					Gladiator (2000, Epic)	Russell Crowe.																
52	USA	(52) Law&Order: SVU "Great Expectations"		Law & Order: S.V.U. "Know It All"		WWE NXT (N)				(10) ★★ A Madea Family Funeral (19)		Courtney Burrell, Patrice Lovely, Tyler Perry.																	
53	FOOD	(53) Chopped "PB and J"		Chopped "Pride and Pea Tendrils"		Chopped "Beat the Judge: Maneet"		Market Stakeout "Cash for Carbs" (N)		Big Bad Budget "30 Dollars a Day" (N)		Guy's Grocery Games "DDD Champs"																	
54	HGTV	(54) Bones "The Gloriously Glam Home"		Bones "Major Mansion Makeover"		Good Bones (N)		Good Bones (N)		House Hunters (N)	House Hunters (N)	House Hunters	House Hunters																
56	FX	(56) (4:00) The A-Team	★★★★ Avengers: Infinity War (2018, Action)	Chris Evans, Chadwick Boseman, Josh Brolin.						Shadows (N)	Shadows	Shadows	Movie																
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		The Ingraham Angle		Gutfeld!		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity																	
60	MSNB	(60) Alex Wagner Tonight (N)		The Last Word (N)		The 11th Hour (N)		Alex Wagner Tonight		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 "A Crack in Everything"																	
63	BRAV	(63) Below Deck "We Made It, Ya Slags"		BD Down Under "The Tipping Point"		Under "Never Before Scene 107" (N)		BD Down Under "Prom Night" (N)		★★ 13 Going on 30 (2004, Comedy)	Mark Ruffalo, Judy Greer, Jennifer Garner.	The Adventures of Huckleberry Finn																	
64	TCM	(64) (5:00) Strike Up the Band	Judy Garland.	(15) ★★ Andy Hardy Gets Spring Fever (39) Lewis Stone, Mickey Rooney.		Boys Town (1938, Drama)	Spencer Tracy, Henry Hull, Mickey Rooney.			★★ Now You See Me 2 (2016, Action)	Lizzy Caplan, Woody Harrelson, Jesse Eisenberg.																		
65	SYFY	(65) Movie	★★ Now You See Me (2013, Crime Story)	Common, Mark Ruffalo, Jesse Eisenberg.																									
162	RFD	(162) (5:30) Cattleman (N)	SharkFarmer TV	Chris Cox	Saddle Up	Best of America	Rural Eve. News	Ag PHD		Cattleman to Cattleman		SharkFarmer TV	Paid Program																