THURSDAY EVENING

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

AUGUST 18

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	Press Your Luck "Redemption!?" (N)		Gener. Gap "You're Not that Old" (N)		The Con "The Billion Dollar Con" (N)		News (N)	(:35) J. Kimmel (N)
-	KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	Press Your Luck "Redemption!?" (N)		Gener. Gap "You're Not that Old" (N)		The Con "The Billion Dollar Con" (N)		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	Ghosts	Big Brother (N)		CSI: Vegas "Funhouse"		KOIN 6 News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon	Ghosts	Big Brother (N)		CSI: Vegas "Funhouse"		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	Bump (N)	Whose Line Is It?	Chocolate "Mad About Choux" (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10	KOPB	10	Craftsman Legacy	Outside Source	PBS NewsHour (N)		Oregon Art Beat	This Is Utah	Broadchurch		Masterp. "Around the World in 80 Days"		Seaside Hotel "Footprints From the Sea"	
12	KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	MasterChef		Welcome to Flatch		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
-	KCPQ	13	(5:00) NFL Football Pre-season Chicago Bears at Seattle Seahawks (L)				FOX 13 Gameday "Post" (L)		Welcome to Flatch		Fox 13 News at 10 p.m. (N)		MasterChef	
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	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 Chicago Bears at Seattle Seahawks (L)				SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	WNBA Basketball Playoffs (L)				The Power Rankings		NFL Live A weekday NFL information show with Laura Rutledge.					
31	NICK	31	(5:00) SpongeBob SquarePants		Young Dylan (N)	Lay Lay (N)	SpongeBob	SpongeBob	★★ The SpongeBob SquarePants Movie ('04) Tom Kenny.			(:45) SpongeBob	Friends	Friends
32	DISN	32	Miraculous	Miraculous	Hamster & Gretel	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	Good Trouble "Mama Told Me" (N)		The 700 Club	
35	FMC	35	(4:45) ★★★★ Hidden Figures ('16) Taraji P. Henson.				(:25) ★★★★ Hidden Figures (2016, Drama) Octavia Spencer, Janelle Monáe, Taraji P. Henson.				(:05) ★★★ Ready or Not ('19, Horror) Adam Brody, Mark O'Brien, Samara Weaving.			
36	LIFE	36	5 Guys a Week "Sydney"		5 Guys a Week "Alyssa"		5 Guys a Week "Nicole"		5 Guys a Week "Joyce"		(:05) 5 Guys a Week		(:05) 5 Guys a Week "Mercy"	
38	ROOT	38	Inside Kraken	Mariners Access	MarinersSpot. (N)	Footvolley		MLS Soccer Portland Timbers at Toronto FC				Post-game	Inside Kraken	WPT Poker
39	FS1	39	(5:00) MFL Soccer Leo./S.Laguna (L)		WWE SmackDown WWE superstars do battle in long-running rivalries.				Skip and Shannon: Undisputed			TMZ Sports (N)	AVP Beach Volleyball Atlanta Open	
43	SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★ Point Break (1991, Drama) Keanu Reeves, Gary Busey, Patrick Swayze.						Ghost (1990, Romance) Patrick Swayze.	
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	Swamp People "Graduation Day"		Swamp People "Final Showdown"		Alone: Frozen "50 Day Freeze"		Alone: Frozen "Frost Bound" (N)		(:05) Alone (N)	(:35) Alone Skills	(:05) Alone: Frozen "Frost Bound"	
46	A&E	46	First 48 "Death in the Family/ Love Lost"		The First 48 "Lips Are Sealed"		The First 48 "Raw Deal" (N)		60 Days In (SP) (N)		Inmate "Time To Set You Free" (P) (N)		(:05) The First 48 "Blood on Bourbon"	
47	TLC	47	Seeking Sister Wife		Surgeons "World's Smallest Patients"		Dr. Pimple Popper "Mic Drop Pop!"		My 600-lb Life "Carlton and Shantel's Story"					
48	DISC	48	BattleBots		BattleBots		BattleBots "CHAMPIONS: The Slugfest Part 3" (N)				BattleBots "Sin City Slasher" Witch Doctor faces off against Kraken.			
49	NGEO	49	Uncharted "Ramsay vs. Ramsay"		Uncharted "Wales Tales"		Uncharted "England's Jurassic Coast"		Extra Grit (N)		Uncharted "England's Jurassic Coast"		Extra Grit	
50	TNT	50	(5:00) ★★ Ocean's 8 ('18, Act) Cate Blanchett, Sandra Bullock.				★★ Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn ('20) Margot Robbie.				★★ Batman v Superman: Dawn of Justice ('16) Henry Cavill, Ben Affleck.			
51	AMC	51	(5:30) ★★★ Young Guns ('88) Kiefer Sutherland, Charlie Sheen, Emilio Estevez.				★★★ Uncle Buck (1989, Comedy) Amy Madigan, Jean Louisa Kelly, John Candy.				(:15) ★★★ Fast Times at Ridgemont High ('82) Jennifer Jason Leigh, Sean Penn.			
52	USA	52	Law & Order: S.V.U. "Genes"		Law & Order: S.V.U. "Net Worth"		Chrisley Knows	Chrisley Knows	(:55) Chrisley (N)	Austin Dillon (N)	Snake in Grass "Masters of Gameplay"		Chrisley Knows	Chrisley Knows
53	FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Flay (N)	Beat Bobby Flay	It's CompliPlated "Mood Food" (N)		Beat Bobby Flay	Beat Bobby Flay
54	HGTV	54	NoDemo "More Money, More Pressure"		No Demo Reno "Craft Explosion"		No Demo Reno (N)		No Demo Reno "Son of the Year" (N)		House Hunters (N)	House Hunters	House Hunters	House Hunters
56	FX	56	★★ The Secret Life of Pets ('16, Animated) Eric Stonestreet, Kevin Hart, Louis C.K...				★★★ The Secret Life of Pets 2 ('19, Ani) Kevin Hart, Harrison Ford, Patton Oswalt.				★★ The Secret Life of Pets ('16, Animated) Eric Stonestreet, Kevin Hart, Louis C.K...			
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		Amer. Greed "Wine, Women and Fraud"		Dateline "Ransom" Pt. 1 of 2	
63	BRAV	63	Southern Charm "Shuckers and Sinners"		Southern Charm		S. Charm "Never Before Scene 808" (N)		Southern Charm (N)		Southern Charm		Dirty Dancing ('87, Dan) Patrick Swayze.	
64	TCM	64	(5:00) A Place in the Sun		(:15) ★★★ Night of the Hunter ('91) Diana Scarwid, Richard Chamberlain.				(:15) ★★★ Meet Danny Wilson ('52) Shelley Winters, Alex Nicol, Frank Sinatra.				He Ran All the Way ('51) John Garfield.	
65	SYFY	65	(4:00) Van Helsing	★★★ Tremors (1990, Horror) Fred Ward, Michael Gross, Kevin Bacon.				★★ After Earth (2013, Adventure) Jaden Smith, David Denman, Will Smith.				(:45) ★★ The Purge: Anarchy ('14) Kiele Sanchez, Frank Grillo.		
162	RFD	162	Nxt Lvl Farming	WhereFood (N)	Rural America 'Live' "AARP" (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

AUGUST 19

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		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!	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 "National Finals 1" The finals return to Las Vegas.				Dateline NBC		KING 5 News (N)	(:35) Tonight Show
6	KOIN	-	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Celeb. Reno. "Annaleigh Ashford" (N)		Blue Bloods "Reality Check"		Blue Bloods "Old Friends"		KOIN 6 News (N)	(:35) Colbert
-	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Celeb. Reno. "Annaleigh Ashford" (N)		Blue Bloods "Reality Check"		Blue Bloods "Old Friends"		KIRO 7 Tonight (N)	(:35) Colbert
8	KGW	-	KGW News (N)	KGW News (N)	Straight Talk	Inside Edition (N)	American Ninja Warrior "National Finals 1" The finals return to Las Vegas.				Dateline NBC		KGW News (N)	(:35) Tonight Show
9	KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Killer Camp "Killer Tan" (N)		Funniest Animals	Funniest Animals	KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10	KOPB	10	Woodsmith Shop	BBC World News	PBS NewsHour (N)		Frankie Drake "Showstoppers"		Modus		To Heal the Heart "Invisible Lifeline"		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
-	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)	PersonPlaceThing
20	TBS	20	American Dad!	American Dad!	American Dad!	American Dad!	★★★ Captain America: Civil War (2016, Action) Robert Downey Jr., Scarlett Johansson, Chris Evans.						Fantastic Four ('15, Action) Miles Teller.	
-	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	SportsCenter (N)		MLS Soccer Seattle Sounders FC at Los Angeles Galaxy (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30	ESPN2	30	ESPN Films (N)				SportsCenter (N)		NFL Live A weekday NFL information show with Laura Rutledge.					
31	NICK	31	(5:15) The SpongeBob SquarePants...		SpongeBob	Kamp Koral	PatrickStarShow	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends
32	DISN	32	Jessie	Jessie	Big City Greens	Big City Greens	★★ Spies in Disguise ('19, Ani) Tom Holland, Will Smith.			(:40) HamsterGretl	(:05) HamsterGretl	Chibiverse	Ultra Violet	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	(4:55) Underwater	(:50) ★★ Underwater ('20, Hor) Vincent Cassel, Mamoudou Athie, Kristen Stewart.					(:45) FXM Presents		★★ Queen & Slim (2019, Drama) Jodie Turner-Smith, Bokeem Woodbine, Daniel Kaluuya.			(:40) FXM Presents
36	LIFE	36	Castle "Deep Cover"		Castle "Limelight"		Castle "Dressed to Kill"		Castle "Smells Like Teen Spirit"		(:05) Castle "Room 147"		(:05) Castle "In the Belly of the Beast"	
38	ROOT	38	MarinersPre-game	MLB Baseball Seattle Mariners at Oakland Athletics Site: RingCentral Coliseum -- Oakland, Calif. (L)						Post-game	MarinersPre-game	MLB Baseball Seattle Mariners at Oakland Athletics		
39	FS1	39	(5:00) Drag R.	NHRA in 30	MFL Soccer Mazatlán at Juárez (L)				ARCA Auto Racing Watkins Glen 100				NHRA Drag Racing Lucas Oil Nationals	
43	SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	★★★ Mission: Impossible - Ghost Protocol (2011, Action) Jeremy Renner, Simon Pegg, Tom Cruise.						Mission: Impossible ('96) Tom Cruise.	
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 "The Alien Disks"		Ancient Aliens "The Star Gods of Sirius"		Ancient Aliens		Ancient Aliens "The Shining Ones" (N)		(:05) Aliens "The World on Alert"		(:05) Aliens "The Disclosure Event"	
46	A&E	46	The First 48		The First 48		The First 48 "Caught in the Middle"		The First 48 "Life Interrupted/ Lucifer"		The First 48 "The Fighter/ Final Ride"		(:05) The First 48	
47	TLC	47	90 Day Fiancé		90 Day Fiancé		90 Day Fiancé "More to Love: Tell All Part 1" (N)				90 Day Fiancé (N)	The Family Chantel	"Like a Lawyer"	90 Day Fiancé
48	DISC	48	Gold Rush "Goldzilla"		Gold Rush Parker "Sharks and Gold"		Gold Rush: Parker's Trail "Kiwi Confessions" (N)				Opal Hunters "Free Falling" (N)		Outback Opal Hunters "Treachery" (N)	
49	NGEO	49	Better Dog "Canine Quarantine"		Better Dog "Moving Foward"		Better Dog "Ticking Bomb"		Dog "Appetite for Destruction" (N)		Better Dog "Silent Biter" (N)		Better Dog "Appetite for Destruction"	
50	TNT	50	(5:00) Birds of Prey: & the Fantabulous Emancipation of ...		(:25) ★★ Suicide Squad (2016, Action) Margot Robbie, Joel Kinnaman, Will Smith.						All Eire Wrestling: Rampage		Wonder Woman ('17, Action) Gal Gadot.	
51	AMC	51	(5:45) ★★★ Uncle Buck ('89, Comedy) Amy Madigan, Jean Louisa Kelly, John Candy.				★★★ The Shawshank Redemption (1994, Drama) Morgan Freeman, James Whitmore, Tim Robbins.						Road House ('89, Action) Patrick Swayze.	
52	USA	52	(4:00) ★★★ Harry Potter and the Order of the Phoenix (2007, Adventure) Rupert Grint, Emma Watson, Daniel Radcliffe.								★★★ Harry Potter and the Half-Blood Prince			
53	FOOD	53	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners...Drives (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	Movie		★★★ Ford V. Ferrari (2019, Drama) Christian Bale, Jon Bernthal, Matt Damon.						NY Times Presents "Superspreader" (N)		NY Times Presents "Superspreader"	
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	American Greed: Scam		Greed "The Biggest Theft of All Time?"		Greed "The Fast and the Fraudulent"		The News With Shepard Smith		Amer. Greed "Boeing's Deadly Design"		Dateline "Somebody's Daughter"	
63	BRAV	63	(5:30) ★★ 27 Dresses ('08, Com) James Marsden, Malin Akerman, Katherine Heigl.				★★ Sweet Home Alabama (2002, Comedy) Candice Bergen, Josh Lucas, Reese Witherspoon.					★★ Sweet Home Alabama ('02) Reese Witherspoon.		
64	TCM	64	(5:00) Rashomon	(:45) ★★★★ Seven Samurai (1954, Adventure) Toshiro Mifune, Yoshio Inaba, Takashi Shimura.								★★★ High and Low ('62) Takashi Shimura, Yutaka Sada.		
65	SYFY	65	Movie		★★ The Fast and the Furious (2001, Action) Michelle Rodriguez, Paul Walker, Vin Diesel.				★★ Too Fast Too Furious (2003, Action) Tyrese Gibson, Eva Mendes, Paul Walker.				Resident Alien	
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

AUGUST 20

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	(5:00) UFC UFC 278 (L)		Jeopardy!	Wheel of Fortune	The $100,000 Pyramid		Local Programming				News (N)	(:35) News (N)
-	KOMO	4	(5:00) UFC UFC 278 (L)		Wheel of Fortune	Jeopardy!	The $100,000 Pyramid		To Be Announced				KOMO4News (N)	(:35) News (N)
-	KING	5	NBC News (N)	KING 5 News	L.M. Traveler	Raw Travel	America-Talent "Qualifiers 1" Judging is turned over to the American audience.				Dateline NBC		KING 5 News (N)	Sat. Night Live
6	KOIN	-	News (N)	Weekend News (N)	Entertainment Tonight Weekend (N)		FBI: Most Wanted "Lovesick"		NCIS: Los Angeles "A Land of Wolves"		48 Hours		KOIN 6 News (N)	(:35) In Depth
-	KIRO	7	KIRO 7 News (N)	Weekend News (N)	KIRO 7 News (N)	Hot Topics	FBI: Most Wanted "Lovesick"		NCIS: Los Angeles "A Land of Wolves"		48 Hours		KIRO 7 Tonight (N)	Ent. Tonight (N)
8	KGW	-	NBC News (N)	Straight Talk	Grant's Getaways	Inside Edition (N)	America-Talent "Qualifiers 1" Judging is turned over to the American audience.				Dateline NBC		KGW News at 11	Sat. Night Live
9	KRCW	3	KOIN 6 News (N)	Young Sheldon	Modern Family	Modern Family	Chocolate "Mad About Choux"		Illusion (N)	Masters of Illusion	KOIN 6 News at 10:00 p.m. (N)		MacGyver "Muscle Car + Paper Clips"	
10	KOPB	10	Charlie Bee "The Business of Bees"		Steves' Europe	Steves' Europe	Cranford		Shakespeare "If It Be Man's Work"		Thou Shalt Not Kill		Thou Shalt Not Kill	
12	KPTV	12	(4:00) MLB Baseball (L)		Go/Nitro		★★★ The Hunt for Red October (1990, Action) Alec Baldwin, Sam Neill, Sean Connery.				10 O'Clock News (N)		Name That Tune	
13	KPDX	-	(4:30) TBA	Post-game	Big Bang Theory	Big Bang Theory	2 Broke Girls	2 Broke Girls	SEAL Team "Containment"		SOS: "Stranded in the Desert"		Major Crimes "Two Options"	
-	KCPQ	13	(4:00) MLB Baseball Sea./Oak. (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	★ Star Wars: The Rise of Skywalker (2019, Action) John Boyega, Oscar Isaac, Daisy Ridley.						Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Bad Boys (1995, Action) Will Smith.	
-	KZJO	22	Fox 13 News at 6 p.m. (N)		Monk "Mr. Monk Takes a Vacation"		Modern Family	Modern Family	Modern Family	Modern Family	Modern Family		★★ Look Who's Talking (1989, Comedy) Kirstie Alley, Bruce Willis, John Travolta.	
29	ESPN	29	(5:00) UFC UFC 278 (L)		Boxing Top Rank Emanuel Navarrete vs. Eduardo Baez Site: Pechanga Arena -- San Diego, Calif. (L)				SportsCenter (N)		SportsCenter (N)		SportsCenter	
30	ESPN2	30	WNBA Basketball Playoffs (L)				Soccer International Champions Cup Women's Final (L)				E:60 (N)		UFC UFC 278	
31	NICK	31	SpongeBob	SpongeBob	★★ Wonder Park (2019, Animated)						Friends	Friends	Friends	Friends
32	DISN	32	(:20) Zombies 3 (2022, Musical)				ZOMBI-Thon (N)	Big City Greens	Big City Greens	Hamster & Gretel	Hamster & Gretel	Big City Greens	Big City Greens	ZOMBI-Thon
34	FAM	34	(:15) The Office	(:45) The Office	(:15) The Office	(:50) The Office	(:20) The Office	(:55) The Office		(:25) The Office	(:55) The Office	The Office	The Office	The Office
35	FMC	35	(:20) ★★ Hitman (2007, Action) Olga Kurylenko, Robert Knepper, Dougray Scott.				(:15) ★★ Proud Mary ('18, Action) Danny Glover, Xander Berkeley, Taraji P. Henson.				(:05) ★★ Proud Mary ('18) Danny Glover, Taraji P. Henson.		(:55) FXM Presents	
36	LIFE	36	In Love with My Partner's Wife Andrew Spach, Jonathan Stoddard, Gina Vitori.				Temptation Under the Sun (2022, Thriller) Mike Markoff, Annika Foster.				(:05) In Bed With a Killer ('19) Ryan Patrick Shanahan, Al Sapienza, Jennifer Taylor.			
38	ROOT	38	Journal	Fish Hunt	NorthwestFishing	Racer H2O	Racer H2O	Footvolley			Footvolley		Boxing	
39	FS1	39	(5:00) MFL Soccer Tigres vs Monterrey (L)		(:55) FIFA Soccer U-20 World Cup (L)				MLB Baseball Milwaukee Brewers at Chicago Cubs Site: Wrigley Field -- Chicago, Ill.					MLB Baseball
43	SPIKE	43	(4:00) Mission: Impossible - Ghost Pr...		★★★ John Wick (2014, Action) Adrianne Palicki, Bridget Moynahan, Keanu Reeves.						★★★ John Wick: Chapter 2 (2017, Action) Common, Ruby Rose, Keanu Reeves.			
44	COM	44	Movie		To Be Announced						To Be Announced			To Be Announced
45	HIST	45	American Pickers "Fiddles and Picks"		American Pickers "Cadillac Man"		Amer. Pickers "The Alabama Slamma"		Amer. Pickers "Knucklehead Blue" (N)		(:05) Pickers "Salty & Sweet Pickins'" (N)		(:05) A. Pickers "Raiders of the Lost Pick"	
46	A&E	46	The First 48		The First 48 "Jackpot"		The First 48 "Walk in the Park" (N)		Cold Case "Killer in the Storm" (SP) (N)		Justice "The Monster in Muskegon" (N)		(:05) A. Justice "A Dangerous Calling" (N)	
47	TLC	47	Dr. Pimple Popper "Split Decision"		Pimple "A Head of Cauliflower Bumps"		90 Day Fiancé "To Have and To Scold"				90 Day Fiancé "Tell All Part 1"			
48	DISC	48	Lone Star Law "Fawn Stars"		Lone Star Law "Poachers Beware"		Lone Star Law (N)		Lone Star Law "Shrimp and Run"		Lone Star Law "Calm After the Storm"		Lone Star Law "Liars and Trespassers"	
49	NGEO	49	To Catch "Cocaine Connection"		To Catch "Pills and Powder"		Smuggler "Endangered and Smuggled"		Narco Wars (N)		Narco Wars		To Catch a Smuggler "Mama's Meth"	
50	TNT	50	(5:30) ★★ Justice League (2017, Action) Ben Affleck, Jason Momoa, Gal Gadot.				★★★ Aquaman (2018, Action) Amber Heard, Willem Dafoe, Jason Momoa.						Joker (2019, Drama) Joaquin Phoenix.	
51	AMC	51	(4:00) The Shawshank Redemption		★★★ Jaws (1975, Horror) Richard Dreyfuss, Robert Shaw, Roy Scheider.								★★★ Jaws 2 ('1978, Horror) Lorraine Gary, Murray Hamilton, Roy Scheider.	
52	USA	52	NCIS "Capitol Offense"		Chicago P.D. "At Least It's Justice"		Chicago P.D. "Turn the Light Off"		★★★ Harry Potter and the Goblet of Fire (2005, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.					
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	Bones "Budget-Busting Basic Bombshell"		Good Bones		I Wrecked "Help! We Need a Door"		Help! I Wrecked My House		Help! I Wrecked My House		I Wrecked "This Is Not Our House"	
56	FX	56	(5:30) ★★★ Blended (2014, Comedy) Drew Barrymore, Bella Thorne, Adam Sandler.				★★★ Pitch Perfect 2 (2015, Comedy) Rebel Wilson, Elizabeth Banks, Anna Kendrick.						★★★ Pitch Perfect 3 ('17) Rebel Wilson, Anna Kendrick.	
57	CNN	57	CNN Special		CNN Special		The Movies "The Seventies" Directors become masters of the medium.				The Movies "The Eighties" Aliens, time travelers and more invaded movie theatres.			
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 "Reckless"		Dateline "Unspeakable"	
61	CNBC	61	(4:00) Gymnastics	Shark Tank	Undercover Boss "Smoothie King"		Undercover Boss "TGI Fridays"		Undercover Boss "Vivint"		Under Boss "Mohegan Sun Casino"		Paid Program	Paid Program
63	BRAV	63	(4:30) ★★ Independence Day ('96) Bill Pullman, Will Smith.		★★★ Twister (1996, Action) Bill Paxton, Jami Gertz, Helen Hunt.				★★★ Independence Day (1996, Sci-Fi) Bill Pullman, Jeff Goldblum, Will Smith.					
64	TCM	64	(5:00) Mildred Pierce Joan Crawford.		★★★ Grand Hotel ('32, Drama) Lionel Barrymore, Joan Crawford, John Barrymore.				★★★ Flamingo Road ('49, Dra) Zachary Scott, Sydney Greenstreet, Joan Crawford.				The Damned Don't Cry Joan Crawford.	
65	SYFY	65	Movie		★★ Too Fast Too Furious (2003, Action) Tyrese Gibson, Eva Mendes, Paul Walker.		★★ Fast and Furious (2009, Action) Paul Walker, Jordana Brewster, Vin Diesel.				★★★★ The Goonies ('85, Adv) Corey Feldman, Sean Astin.			
162	RFD	162	O'Donnell "From the Heartland - Vol. 2"		Mollie B Polka Party		Larry's Country Diner		Paid Program	Paid Program	The Red Skelton Show		Paid Program	

SUNDAY EVENING

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

AUGUST 21

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 $100,000 Pyramid (N)		Final Straw "The Monster Crash" (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 $100,000 Pyramid (N)		Final Straw "The Monster Crash" (N)		KOMO4News (N)	(:35) Full Measure
-	KING	5	NBC News (N)	KING 5 News (N)	Gymnastics U.S. Championships				America's Got Talent "Qualifiers 2"				KING 5 News (N)	(:35) Band Seattle
6	KOIN	-	Eye on Northwest	Weekend News (N)	60 Minutes		Big Brother (N)		The Equalizer "Chinatown"		NCIS: Los Angeles "Sorry for Your Loss"		KOIN 6 News (N)	(:35) Game On!
-	KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		Big Brother (N)		The Equalizer "Chinatown"		NCIS: Los Angeles "Sorry for Your Loss"		KIRO 7 Tonight (N)	KIRO 7 Tonight (N)
8	KGW	-	NBC News (N)	Straight Talk	Gymnastics U.S. Championships				America's Got Talent "Qualifiers 2"				KGW News (N)	(:35) Sports Sunday
9	KRCW	3	KOIN 6 News (N)	Young She