

Friday Best Bets

Naturally, Danny Seo KNDU 12:30 p.m.

Danny Seo pays a visit to a community that promotes sustainability in this rebroadcast. He hears about its farm-to-table philosophy that reduces the distance food travels, and bakes oat flour into doughnuts for some surprising nutrition.

Marvel's Agents of S.H.I.E.L.D. KVEV KATU 8:00 p.m.

The S.H.I.E.L.D. agents embark on another thrilling mission in the first part of a special new two-part episode. Inspired by the characters from Marvel Comics, the drama follows an elite group of special agents as they investigate strange events.



Will Estes in "Blue Bloods"

Diners, Drive-Ins and Dives FOOD 9:00 p.m.

Host Guy Fieri enjoys some unconventional twists on chicken and burgers on latest culinary adventure in this new episode. He travels to Wilmington, Delaware, where a bourbon bar piles pork onto a patty and doctors up chicken skins.

Blue Bloods KEPR KOIN 10:00 p.m.

Lou Diamond Phillips guest stars as drug cartel member Louis Delgado in this season finale. Meanwhile, Erin (Bridget Moynahan) gets a promotion, and Frank (Tom Selleck) clashes with Jamie (Will Estes). Donnie Wahlberg also stars.

Friday Evening

July 5, 2019

	CH	DISH	DTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30
BROADCAST																	
KFFX (11)	11	-	11	Modern Family	Modern Family	2 Broke Girls	2 Broke Girls	First Responders "Episode 103"	Episode 103	Chef "Gordon Takes on a Tarte"		First at Ten (N)	:35 Dateline		:35 Mike&M.	:05 Mike&M.	:35 2½Men
KPTV	3	-	-	News (N)	Timbers in 30	Family Feud	Family Feud	First Responders "Episode 103"	Episode 103	Chef "Gordon Takes on a Tarte"		10 O'Clock News (N)	News (N)	Page Six TV	TMZ Live!		
KEPR (19)	2	19	19	News (N)	Inside Edition	The Big Bang	The Simpsons	Hawaii Five-0		Magnum "Bad Day to Be a Hero"		Blue Bloods "Playing With Fire"	News (N)	:35 The Late Show		:35 J.Corden	
KOIN	19	-	-	News (N)	News (N)	Extra	Ent. Tonight (N)	Hawaii Five-0		Magnum "Bad Day to Be a Hero"		Blue Bloods "Playing With Fire"	KOIN6News (N)	:35 The Late Show		:35 J.Corden	
KNDU (25)	6	25	23	News (N)	Family Feud	Wheel Fortune	Jeopardy! (N)	American Ninja Warrior "Baltimore City Qualifiers"				Dateline NBC	News (N)	:35 The Tonight Show		:35 Late Night	
KGW	8	-	-	KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	American Ninja Warrior "Baltimore City Qualifiers"				Dateline NBC	News (N)	:35 The Tonight Show		:35 Late Night	
KVEV (42)	4	42	-	News (N)	Local News (N)	Ent. Tonight (N)	Extra	Agents of SHIELD (N)	20/20				News (N) :05 Jimmy Kimmel	:05 Nightline		:35 Minute	
KATU	5	-	-	KATU News at 6:00 p.m. (N)		Jeopardy! (N)	Wheel Fortune	Agents of SHIELD (N)	20/20				News (N)	:35 Jimmy Kimmel Live		:35 Nightline	
KTNW	-	31	31	PBS NewsHour (N)		News	Asia Insight	Wash. Week (N)	Firing Line	Big Pacific "Violent"		Great Yellowstone Thaw	Amanpour and Company (N)		Backstage Pass		
OPB (59)	13	-	-	In the Americas	Business	PBS NewsHour (N)		And Then There Were None	Masterpiece Classic			Masterpiece "Indian Summers"	Variety Studio	Yo Soy Actor	PBS NewsHour		
CABLE																	
A&E	52	118*	265*	5:00 Live PD				Live PD: Rewind		Live PD							Live PD
AMC	60	131*	254*	:10 Walking Dead "Adaptation"	:25 The Walking Dead "Omega"			The Walking Dead "Bounty"	The Walking Dead "Guardians"	:35 Walking Dead "Chokepoint"	:35 The Walking Dead "Scars"	:40 Dead					
ANPL	24	184*	282*	NatureSolved	NatureSolved	NatureSolved	NatureSolved	Solved (N)	Solved (N)	Monsters "Death Down Under"	River Monsters: Legendary Locations "Amazon Attacks" (N)	Monsters "Death Down Under"					
CMT	43	166*	327*	5:00 *** Varsity Blues James Van Der Beek.	*** The Longest Yard (2005, Comedy) Chris Rock, Burt Reynolds, Adam Sandler.					Let Freedom Sing "Concert"	*** Happy Gilmore ('96, Com) Adam Sandler.						
CNBC	72	208*	355*	Undercover Boss	Undercover Boss "Loehmann's"	The Profit "Smithfly"	The Profit "Fuelfood"	The Profit "Maarse Florist"	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program
CNN	68	200*	202*	CNN Special Report	The Eighties	The Nineties "Isn't It Ironic?"	The 2000s "I Want My MP3"	The Seventies "What's Goin' On"	The Sixties "The British Invasion"	The Sixties							
DISC	51	182*	278*	BattleBots	BattleBots	BattleBots (N)		Savage Builds (N)	Savage Builds "Mad Max Melee"	BattleBots							
DISN	26	173	21	Sydney Max	JustRollwit	Bunk'd	:35 Andi Mack	Andi Mack (N)	Raven's Home	Sydney Max	JustRollwit	Amphibia	Big City Greens	Andi Mack	Andi Mack	Bunk'd	Bunk'd
ESPN	33	140*	206*	4:30 Basket.	NBA Basketball Summer League (L)			NBA Basketball Summer League (L)				SportsCenter (N)					SportsCenter
ESPN2	34	143*	209*	5:00 Poker World Series (L)						SportsCenter (N)	Great Fight	NowNever (N)	UFC Flash (N)	Main Event "Holm vs. Tate" (N)			
FNC	66	205*	360*	Hannity	The Ingraham Angle	Fox News @ Night	Tucker Carlson Tonight	Hannity						The Ingraham Angle	Fox News @ Night		
FOOD	61	110*	231*	Diners "Knockout Burger Joints"	Diners "Big Time Barbecue"	Diners "Meaty Masterpieces"	Diners (N)	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives	Diners...Dives
FREE	32	180*	311*	*** Willy Wonka and the Chocolate Factory ('71, Fam) Gene Wilder.	*** Matilda ('96, Fam) Danny DeVito, Mara Wilson.			Grown-ish	The 700 Club	Family Guy	Family Guy						
FX	65	136*	248*	5:00 ***** Captain America: The Winter Soldier Chris Evans.	*** Iron Man 3 (2013, Action) Gwyneth Paltrow, Guy Pearce, Robert Downey Jr..			*** The Fantastic Four ('15, Act) Kate Mara, Miles Teller.									
GOLF	88	401*	218*	PGA Golf 3M Open Round 2 Site: TPC Twin Cities -- Blaine, Minn.													
GSN	76	116*	233*	ComKnowl.	Family Feud	Family Feud	Family Feud	Family Feud	America Says	America Says	America Says	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud
HALL	87	185*	312*	5:00 * The Sweetest Christmas	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Frasier 1/2	Frasier Pt. 2 of 2	Frasier	Frasier	Frasier	Frasier
HGTV	62	12*	299*	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	House Hunt. (N)	House (N)	House Hunters	House Hunters	Dream Home	Dream Home
HIST	50	120*	269*	5:00 Aliens "The Return"	Aliens "Return to Gobekli Tepe"	Ancient Aliens: Declassified (N)	Ancient Aliens (N)	:05 Unidentified (N)	:05 Aliens "The Replicants"	:05 Ancient Aliens							
LIFE	29	180*	252*	Wife Swap "Fuentes/ Lawson"	Wife Swap "Roy/ Maness"	*** Sister Act ('92, Com) Maggie Smith, Whoopi Goldberg.	:05 *** Two Weeks Notice ('02, Com) Sandra Bullock.	*** Sister Act									
NICK	27	171	300	Loud House	Loud House	Lip Sync	Double Dare	Henry Danger	Cousins for Life	SpongeBob	SpongeBob	The Office	The Office	Friends	Friends	Friends	Friends
PRMT	42	241*	241	*** Raiders of the Lost Ark (1981, Adventure) Karen Allen, Denholm Elliott, Harrison Ford.	*** Indiana Jones and the Temple of Doom ('84, Adv) Kate Capshaw, Harrison Ford.	*** Indiana Jones & the Last C...											
ROOT	37	-	-	Mariners	Pre-game	MLB Baseball Oakland Athletics at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)	Post-game	MLB Baseball Oakland Athletics at Seattle Mariners Site: T-Mobile Park									
SYFY	67	122*	244	:55 *** London Has Fallen ('16, Act) Morgan Freeman, Gerard Butler.	*** Real Steel (2011, Sci-Fi) Evangeline Lilly, Dakota Goyo, Hugh Jackman.			:55 Futurama	:25 Futurama	:55 Futurama	Futurama						
TBS	59	139*	247	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Central Intelligence ('16, Com) Kevin Hart, Dwayne Johnson.	ELeague	Central Intelligence					
TCM	56	132*	256	5:00 * The Wizard of Oz	* 1939: Hollywood's Greates...	:15 *** The Hunchback of Notre Dame ('39, Rom) Charles Laughton.	*** Gunga Din ('39, Adv) Victor McLaglen, Cary Grant.	:45 * Rabid									
TLC	49	183*	280	90 Day Fiancé: Happily Ever After? "The Truth Comes Out"	90 Day Fiancé: Happily Ever After? "Extended: Sparks Will Fly" (N)	90 Day Fiancé (N)	sMothered (N)	90 Day Fiancé									
TNT	57	138*	245	5:15 *** Star Wars: Episode V - The Empire Strikes Back	*** Star Wars: Episode VI - Return of the Jedi ('83, Adv) Harrison Ford, Mark Hamill.	*** Star Wars: Episode VI - Return of the Jedi Mark Hamill.											
UNI	21	-	-	P. Luche	Noticiero Univ.	La rosa de Guadalupe	La Reina Soy Yo	La rosa de Guadalupe	Por Amar Sin Ley	Impacto extra	NoticieroUni	Contacto Deportivo					
USA	59	105*	242	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family
WE	118	128*	260	Love After "Prove Yourself"	Love After Lockup "Truth & Lies"	Love After "Risks & Regulations"	Love After "Second Chances" (N)	Bridezillas (N)	Love After "Second Chances"	Bridezillas							
WGN	-	239*	307	Blue Bloods	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Pure	
PREMIUM																	
HBO	518	303	504	*** Bad Times at the El Royale (2018, Mystery)	:25 * Thoroughbreds ('17, Dra) Anya Taylor-Joy.	Euphoria	Espookys (N)	Los Espookys	Ramy Youssef: Feelings								
HBO2	520	304	505	:55 * Amelie ('01, Com) Mathieu Kassovitz, Audrey Tautou.	Years and Years	*** Weekend at Bernie's Andrew McCarthy.	:40 * The Nun ('18, Hor) Demián Bichir.	:15 Espookys	:45 True Justice								
HBO3	521	302*	503*	:55 * By the Sea ('15, Dra) Brad Pitt, Angelina Jolie.	Euphoria	Divorce	* Night School ('18, Com) Tiffany Haddish, Kevin Hart.	:25 * The Predator ('18, Act) Boyd Holbrook.									
MAX	549	311	516	:05 * The Darkness ('16, Hor) Kevin Bacon.	:40 * *** Fight Club ('99, Psy) Edward Norton, Helena Bonham Carter, Brad Pitt.	Jett "Frank Sweeney" (N)	:10 Jett "Frank Sweeney"	:10 * The Day After Tomorrow									
SHOW	578	319	546	:15 * *** 13 Going on 30 ('04, Com) Jennifer Garner.	* Danny Collins ('15, Com/Dra) Christopher Plummer, Al Pacino.	* Mile 22 ('18, Action) Iko Uwais, Mark Wahlberg.	:35 The Loudest Voice "1995"	:35 CityonaHill									
STARZ	621	351	526	5:30 * Prince of Persia: The Sands of Time	* * Gamer ('09, Act) Gerard Butler.	:05 The Rook	MotherFatherSon (N)	* Searching ('18, Dra) Debra Messing, John Cho.	:45 The Rook								
STZENC	644	341	536	5:50 * * Another 48 Hours Eddie Murphy.	* * The Wedding Date Debra Messing.	* * Dirty Dancing ('87, Dan) Patrick Swayze.	:45 * * The Others ('01, Thril) Nicole Kidman.	Movie									

C = Charter; DISH = DISH; DTV = DirecTV
* Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.

SPORTS

MOVIES

NEWS