

SATURDAY DAYTIME

LG - La Grande BC - Baker City D - DISH DTV - DirecTV

MOVIES

SPORTS

JULY 31, 2021

	LG	BC	D	DTV	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
ABC	2	2	2	2	KATU News This Morning Saturday (N)		Good Morning America (N)		30 for 30 (Part 1 of 2)				30 for 30 (Part 2 of 2)				Beat the Heat!	Paid Program	World of Waves	MAXX Oven	Ocean Treks	Game Time	KATU News at 5	World News	
PBS	3	5			Pinkalicious	Cyberchase	SciGirls	Biz Kid\$	Garden Smart	Garden Home	Life in Bloom	Love of Quilting	Fit 2 Stitch	It's Sew Easy	Milk Street	Test Kitchen	Cook's Country	Lidia's Kitchen	Motor-Week	Woodshop	Woodsmith	Ask This Old House	This Old House	NewsHour WK	
CBS	6	6	6	6	Mission Unstop	Hope in the Wild	Pet Vet-Team	All In With Laila Ali	Rod.	Lucas Oil Pro Pulling League (N)				BIG3 Basketball Week 4. (N) (Live)				Paid Program	Paid Program	Extra (N)				KOIN 6 News at 5	KOIN 6 News
NBC	8	8	8	8	2020 Tokyo Olympics		2020 Tokyo Olympics Archery, Water Polo, Volleyball, Basketball, Tennis. Men's individual archery, water polo, volleyball, men's basketball, women's tennis. (N Same-day Tape)								Earth Odyssey	Nightly News	KGW News at 4	The Olympic Zone	2020 Tokyo Olympics						
CW	9	9	32	32	Into the Wild	Into the Wild	Into the Wild	This Old H.	Best Friends	Tails of Valor (E)	Paid Program	Paid Program	World's-Weath	World's-Weath	Just for Laughs	Just for Laughs	Friends	Friends	Friends	Friends	Pawn Stars	Pawn Stars	Northwest Fish	Pawn Stars	
FOX	12	12	12	12	(6:00) Good Day Oregon Saturday (N)	Biz Kid\$ (E)	Think Big (E)	Dog Tales (E)	Animal Rescue	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	The Incredible Dog Challenge	The Incredible Dog Challenge	The Incredible Dog Challenge	The Incredible Dog Challenge	The Shortlist	Pure Outdoor	Boxing			
MNT	13	13	49	49	(6:00) Good Day Oregon Saturday (N)	Garden Time	Southern Liv	Carbonaro Eff.	Paid Program	America's Heartland	Biz Kid\$ (E)	Paid Program	Smiley Healthy	** "No Small Affair" (1984, Romance-Comedy) Jon Cryer, Demi Moore.		Storm of Suspicion	Weather Gone Viral	To the Rescue	People Weekend						
UNIV	22	22	16	47	Planeta de niños	Planeta de niños	Atención, atención	Atención, atención	Naturaleza	Naturaleza	Programa pagado	Programa pagado	Programa pagado	Programa pagado	Programa pagado	Programa pagado	Cuéntamelo ya... al fin (N)	Como dice el dicho (N)	Vecinos	Noticiero Univisión	Fútbol Mexicano Primera División (N)				
A&E	52	55	118	265	Flipping Vegas	Flipping Vegas	Zombie Flip	House	House	** "The Wolverine" (2013) Hugh Jackman.				** "X-Men Origins: Wolverine" (2009, Action)				"Den of Thieves"							
AMC	60	45	131	254	Two and Half Men	Two and Half Men	** "50 First Dates" (2004, Romance-Comedy) Adam Sandler, Drew Barrymore.	** "Forrest Gump" (1994) Tom Hanks, Robin Wright. A slow-witted Southerner experiences 30 years of history.				** "Tommy Boy" (1995, Comedy) Chris Farley, David Spade. An heir tries to save his father's business.													
ANP	24	49	184	282	The Aquarium	The Aquarium	The Aquarium	The Aquarium	The Aquarium	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo	The Zoo: Bronx		
BET	4	72	124	392	Prince	Prince	Prince	Prince	Prince	Martin	Martin	Martin	Martin	Martin	Martin	Martin	** "White Chicks" (2004) Shawn Wayans, Marlon Wayans.	Meet the							
BRAVO	54	65	129	237	Chrisley	Chrisley	** "He's Just Not That Into You" (2009) Ben Affleck.	** "Bruce Almighty" (2003, Comedy)				** "Grown Ups" (2010, Comedy) Adam Sandler.													
CARTOON	25	59	177	297	Fungies!	Teen	Teen	Teen	Craig	Craig of the Creek	Craig	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Gumball	Victor	Victor	Teen	Teen	Teen	Teen
CNN	68	44	200	202	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom		
COM	77	56	107	249	Parks	Parks	The Office (:45) The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	** "Pineapple Express" (2008) Seth Rogen.	Knocked				
COOK	123	123	113	232	Man's Greatest Food	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire	Man Fire
DISN	26	48	173	290	Big City	Big City	Big City	Big City	Owl Hse.	Ladybug	Ladybug	Ladybug	Bunk'd	Gabby	Jessie	Jessie	Sydney	Sydney	Bunk'd	Bunk'd	Bluey	Bluey	Big City	Big City	
E!	64	76	114	236	Waiting	** "How to Lose a Guy in 10 Days" (2003)	** "She's All That" (1999)	** "How to Lose a Guy in 10 Days" (2003)	** "Runaway Bride" (1999) Julia Roberts.																
ESPN	33	27	140	206	SportsCenter (N)	The Basketball Tournament First Quarterfinal -- Florida TNT vs AfterShocks. (N) (Live)	The Basketball Tournament Second Quarterfinal -- Florida TNT vs AfterShocks. (N) (Live)	ESPN Original Documentaries	UFC Fight Night: Hall vs. Strickland - Prelims	Rani Yahya, bantamweight. From UFC Apex in Las Vegas. (N)															
ESPN2	34	28	143	209	SportsCenter Special	Cornhole	UFC 265: Countdown	UFC Unleashed	UFC Unleashed	UFC	UFC Live	SportsCenter (N)	The Basketball Tournament												
FNC	66	25	205	360	(7:00) Cavuto Live (N)	Fox News Live (N) (Live)	Fox News Live (N)	Journal Editorial Rpt.	Fox News Live (N)	Saturday Show	Fox Report	Life, Liberty & Levin	Watters' World (N)												
FOOD	61	54	110	231	The Kitchen	Symon	Symon	Pioneer	Pioneer	The Kitchen (N)	Symon	Guy's	Buddy vs. Duff	Chopped	Chopped	Chopped									
FREE	32	33	180	311	(7:00) ** "Holes" (2003)	(:40) ** "Kung Fu Panda" (2008)	(:45) ** "Kung Fu Panda 2" (2011) Angelina Jolie	(1:50) ** "Wreck-It Ralph" (2012)	(3:55) ** "Ralph Breaks the Internet"																
FS1	41	85	150	219	FOX Sports: Voices	Athletes Unlimited Lacrosse	Drag Racing	Pregame	MLB Baseball Oakland Athletics at Los Angeles	Angels. (N) (Live)	MLB Baseball: Twins at Cardinals														
FX	65	24	136	249	(7:00) ** "Mission: Impossible" (1996, Action) Tom Cruise.	** "Spy" (2015) Melissa McCarthy. An undercover CIA analyst becomes an unlikely secret weapon.	** "Kingsman: The Golden Circle" (2017, Action) Colin Firth. British spies join forces with their American counterparts.	** "Men in Black: International" (2019, Science Fiction) Chris Hemsworth, Tessa Thompson.	"Jurassic World"																
FXX	35	64	125	259	(7:30) "The Peanuts Movie"	** "The Emoji Movie" (2017, Children's)	** "The Simpsons Movie" (2007)	** "Spider-Man: Into the Spider-Verse" (2018)	Burgers	Burgers	Burgers	Burgers													
GOLF	88	88	401	218	Golf LPGA & European Tour: ISPS HANDA World Invitational, Third	Women's Golf U.S. Senior Open, Third Round. (N) (Live)	Live From the Olympics (N)	2020 Tokyo Olympics Men's Golf, Final Round. (N)																	
HALL	87	87	185	312	Golden Girls	Golden Girls	"Christmas at Dollywood" (2019, Romance-Comedy) Danica McKellar, Niall Matter.	"Picture a Perfect Christmas" (2019, Romance) Merritt Patterson, Jon Cor.	"On the 12th Date of Christmas" (2020, Romance) Mallory Jansen, Tyler Hynes.	"Christmas Waltz" (2020, Romance) Lacey Chabert, Will Kemp, Katrina Reynolds.	"Christmas at the Plaza" (2019)														
HALLMM	86	86	187	565	Monk	Monk	Monk Monk helps his father-in-law.	Monk Medicine dulls Monk's skills.	Monk Break-in.	Aurora Teagarden	Mysteries Aurora's father may be a murder suspect.	Fixer Upper Mysteries	"Framed for Murder" Shannon makes a shocking discovery.	Fixer Upper Mysteries											
HGTV	62	57	112	229	Celebrity IOU	Celebrity IOU	Celebrity IOU	Celebrity IOU	Celebrity IOU	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers
HIST	50	60	120	269	(7:30) Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn
LIFE	29	29	108	252	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Married at First Sight	"Trapped Model" (2019) Lucy Loken.	"Girl in the Basement" (2021) Judd Nelson	"Kept Woman" (2015) Courtney Ford.												
MSNBC	71	67	209	356	Cross Connection	Alex Witt Reports (N)	Alex Witt Reports (N)	Alex Witt Reports (N)	Yasmin Vossoughian	Yasmin Vossoughian	PoliticsNation (N)	American Voices	American Voices	Week-Johnson											
NBCSN	89	89	159	220	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	Women's Tennis.	2020 Tokyo Olympics			
NBCSNW	426	37	424	Outdoor GPS (N)	Angler	Bridge	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Waves	Waves	Triton Poker	Outdoor GPS	
NCEO	55	78	197	276	Paid Prog.	Paid Prog.	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	When Sharks Attack	
NICK	27	51	171	299	Sponge.	Sponge.	Sponge.	Sponge.	Patrick	Middle	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	
OWN	40	41	189	279	Dr. Phil	Dr. Phil	Dr. Phil	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	
OXY	30	69	127	251	Dateline: Secrets	Dateline: Secrets	Uncovered "Haunting"	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Cold Justice	Cold Justice	Cold Justice	Cold Justice	
PARMT	42	43	241	241	** "Fist Fight" (2017)	Charlie Day.	** "Ferris Bueller's Day Off" (1986)	** "Bad Teacher" (2011) Cameron Diaz.	"Dodgeball: A True Underdog Story" (2004)	** "Old School" (2003) Luke Wilson.															
ROOT	37	26	426	687	Paid Prog.	Paid Prog.	RELIEF	Kill Germs	MLB Baseball Seattle Mariners at Texas Rangers.	Building the Kraken	Bensinger	Perfect	Mariners	Mariners	MLB Baseball: Mariners at Rangers										
SYFY	67	50	122	244	Twi. Zone	** "Fantastic Beasts: The Crimes of Grindelwald" (2018)	** "Harry Potter and the Sorcerer's Stone" (2001) Daniel Radcliffe.	** "Harry Potter and the Chamber of Secrets" (2002)																	
TCM	56	73	132	256	"Falcon-Advent"	"Sucker List"	** "Five Came Back" (1939) Chester Morris.	** "The Asphalt Jungle" (1950, Crime Drama) Sterling Hayden, Sam Jaffe.	** "Where Eagles Dare" (1969, War) Richard Burton, Clint Eastwood, Mary Ure.	(:15) ** "The Late Show" (1977, Comedy-Drama) Art Carney, Lily Tomlin.	** "A Fistful of Dollars" (1964)														
TDC	51	42	182	278	Fishing	Deadliest Catch	Hunting Atlantis	Hunting Atlantis	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	
TLC	49	62	183	280	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	Untold Stories of ER	
TNT	57	52	138	245	NCIS: New Orleans "Escape Plan"	NCIS: New Orleans "Course Correction"	NCIS: New Orleans "One Good Man"	** "Batman v Superman: Dawn of Justice" (2016) Ben Affleck. Batman embarks on a personal vendetta against Superman.	(:15) ** "Suicide Squad" (2016, Action) Will Smith. Armed supervillains unite to battle a powerful entity.	(:45) ** "Wonder Woman" (2017) Gal Gadot.															
TRAV	53	38	196	277	Food	Food	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	Destination Fear	
TRUTV	73	75	242	246	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Jokes	Jokes	Jokes	Jokes	** "Horrible Bosses" (2011, Comedy)	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	
TVL	75	74	106	304	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	
USA	58	39	105	242	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics	2020 Tokyo Olympics			
WE	118	118	128	260	Outages	Lock	Paid Prog.	Paid Prog.	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	
WEATH	14	19	214	362	Weekend Recharge	Weekend Recharge	Weather Gone Viral	Weather Gone Viral	Weather Gone Viral	Weather Gone Viral	Weird Earth	Weird Earth	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	Heavy Rescue: 401	
WTBS	59	40	139	247	(7:00) "Kong: Skull Island"	** "Jack the Giant Slayer" (2013) Nicholas Hoult.	** "Ready Player One" (2018) Tye Sheridan, Olivia Cooke.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
HBO	518	518	303	504	(6:50) "10 Years"	(:35) ** "The Good Lie" (2014, Drama) Reese Witherspoon, Arnold Oceng. 'PG-13'	(:25) "David Byrne's American Utopia" (2020) David Byrne. 'NR'	(:15) ** "Gone" (2012, Suspense) Amanda Seyfried, Daniel Sunjata. 'PG-13'	(1:50) Real Time With Bill Maher	(2:50) ** "Save the Last Dance" (2001) Julia Stiles.	(:45) Catch and Kill: The Podcast Tapes	REAL Sports													
MAX	531	531	311	516	"Miss Julie" (2014)	(:29) ** "Beasts of the Southern Wild" (2012) 'PG-13'	(:05) ** "Just Mercy" (2019, Drama) Michael B. Jordan, Jamie Foxx, Brie Larson. 'PG-13'	(:23) ** "Stand and Deliver" (1988) Edward James Olmos.	(:08) ** "The Invisible Man" (2020, Horror) Elisabeth Moss, Aldis Hodge. 'R'	(:14) ** "The Good Lie" (2019, Suspense) Helen Mirren, Ian McKellen. 'R'															
SHOW	578	578	319	546	(:05) "The One and Only Dick Gregory" (2021, Documentary) Dave Chappelle. 'NR'	(:05) Pete Lee: Tall, Dark, and Pleasant	(:05) ** "Erin Brockovich" (2000, Drama) Julia Roberts, Albert Finney, Aaron Eckhart. 'R'	(:20) ** "Winter's Bone" (2010) Jennifer Lawrence. 'R'	**** "Saving Private Ryan" (1998, War) Tom Hanks. U.S. troops look for a missing comrade during World War II. 'R'																
STARZ	621	621	351	526	(:02) ** "Once Upon a Time... In Hollywood" (2019, Comedy-Drama) Leonardo DiCaprio, Brad Pitt, Margot Robbie. 'R'	(10:47) ** "Forgetting Sarah Marshall" (2008) Jason Segel.	(:41) ** "White House Down" (2013) Channing Tatum. Paramilitary soldiers take over the White House.	(2:57) Power Book III: Raising Kanan	Blindspotting	(:25) ** "Stepmom" (1998, Drama) Julia Roberts. 'PG-13'															
TMC	591	591	327	554	(:15) ** "The Woman in Black" (2012, Horror) Daniel Radcliffe. 'PG-13'	** "Hart's War" (2002, War) Bruce Willis, Colin Farrell, Terrence Howard. 'R'	(:05) "Relic" (2020, Horror) Emily Mortimer, Robyn Nevin. 'R'	(:35) ** "Tremors" (1990, Horror) Kevin Bacon. 'PG-13'	(:10) ** "Mimic" (1997, Horror) Mira Sorvino, Jeremy Northam, Josh Brodin. 'NR'	** "1917" (2019, War) 'R'															