

**SATURDAY DAYTIME**

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

MOVIES

SPORTS

**JULY 30, 2022**

	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)		NFL Live: Back Together (N) (Live)				MLS Soccer Portland Timbers at Minnesota United FC. (N) (Live)				UFC Live (N) (Live)		MyDesti-nation.TV	Wildlife Nation	oh baby! (E)	Game Time	KATU News at 5	World News	
PBS	3	5			Hero El-ementary	Cyber-chase	SciGirls	Biz Kid\$	Greener World	Garden Home	Quilting Arts	Love of Quilting	Fit 2 Stitch	It's Sew Easy	Kimball's Milk Street	Test Kitchen	Cook's Country	The Migrant	Motor-Week	American Woodshop	Wood-smith	Ask This Old House	This Old House	PBS News Weekend	
CBS	6	6	6	6	Mission Unstop	Hope in the Wild	Pet Vet-Team	All In With Laila Ali	BIG3 Basketball Week 7. Killer 3s vs. Aliens; Ball Hogs vs. Enemies. (N) (Live)				PGA Tour Golf Rocket Mortgage Classic, Third Round. (N) (Live)				Smiley Healthy	Paid Program	The Incredible Dog Challenge (N)	KOIN 6 News at 5	KOIN 6 News				
NBC	8	8	8	8	(6:00) KGW News at Sunrise (N)	IndyCar Pre	IndyCar Racing	Gallagher Grand Prix. From Indianapolis Motor Speedway in Indianapolis.				IndyCar Series	Count-down	NASCAR Xfinity Racing Series Pennzoil 150 at the Brick-yard. From Indianapolis Motor Speedway in Indianapolis.				Paid Program	Paid Program	Grant's Getaways	Earth Odyssey	KGW News at 5 (N)			
CW	9	9	32	32	Into the Wild	Into the Wild	The Open Road	Ready, Set, Pet	Paid Program	GetBreeze	Never Fear	Identity Theft	World's-Weath	World's-Weath	Just for Laughs	Just for Laughs	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Angler West	Northwest Fish	KOIN 6 News	KOIN 6 News	
FOX	12	12	12	12	(6:00) Good Day Oregon Saturday (N)	Biz Kid\$ (E)	Think Big (E)	Dog Tales (E)	Animal Rescue	PowerXL Duo Nu-trisealer	PowerXL Duo	Smiley Healthy	PowerXL Duo	Horse Racing Handicap	Alfred G. Vanderbilt & Jim Dandy Stakes. (N)	EA Sports FIFA 22 College	MLB Baseball (N) (Live)								
MNT	13	13	49	49	(6:00) Good Day Oregon Saturday (N)	Outdoor GPS		Paid Program	Paid Program	To the Rescue	Paid Program	Paid Program	Paid Program	Paid Program	Get Home Title Lock	Weather Gone Viral	SEAL Team "Never Get Out of the Boat"	SEAL Team "In Name Only"	Major Crimes "Letting It Go"						
UNIV	22	22	16	47	Planeta de niños	Planeta de niños	Atención, atención	Atención, atención	Franklin	Franklin	Programa pagado	Programa pagado	Programa pagado	Programa pagado	Cuéntamelo ya... al fin (N)	(1:55) Vecinos	Noticiero Univisión	(2:55) Fútbol Mexicano Primera División Cruz Azul vs. Necaxa. (N) (Live)	Fútbol Mexicano Primera División						
A&E	52	55	118	265	Zombie Flip	Zombie Flip	Zombie Flip	Zombie Flip	Zombie Flip	Living	Living	Panic 9-1-1	Panic 9-1-1	Panic 9-1-1	Panic 9-1-1	First Blood	The First 48	The First 48							
AMC	60	45	131	254	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	
ANP	24	49	184	282	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Pit Bulls and Parolees	Otter Dynasty (N)	
BET	4	72	124	392	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	* "Like a Boss"
BRAVO	54	65	129	237	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	"Happy Gilmore"
CARTOON	25	59	177	297	Teen	Teen	Bears	Bears	* "Gulliver's Travels" (2010) Jack Black.	Craig	Craig	Steven	Steven	Craig	Craig	Steven	Steven	Craig	Craig	Steven	Steven	Craig	Craig	Craig	Tooth F
CBSSN	410	410	158	221	Auto Racing 24 Hours of Spa: Part 1. (N)	Fishing Major League Fishing.				Sailing Sail GP: Great Britain Sail	3ICE Event 7: Quebec City. (N) (Live)	Baseball													
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	CNN Newsroom	
COM	77	56	107	249	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	
COOK	123	123	113	232	Man's Greatest Food	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
DISN	26	48	173	290	Big City	Big City	Big City	Big City	Ladybug	Ladybug	Big City	Big City	** "Despicable Me 3"	Ladybug	Ladybug	Ultra	Ultra	Villains	Villains	Villains	Bunk'd	Bunk'd	Bunk'd	Big City	
E!	64	76	114	236	Celebrity Game Face	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis	Mathis
ESPN	33	27	140	206	(6:00) NFL Live (N) (Live)	WNBA Basketball Seattle Storm at Washington Mystics. (N) (Live)	ESPN Films				The Basketball Tournament First Semifinal: Teams TBA. (N) (Live)	The Basketball Tournament Hoopville Warriors vs YGC. First Round.	UFC 277: Peña vs. Nunes - Prelims (N)												
ESPN2	34	28	143	209	UFC Live	Track and Field American Track League. (N)	UFC	Premier Lacrosse League	Athletes Unlimited Lacrosse	SportsCenter (N)	CFL Football: Blue Bombers at Stampiders														
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	Gutfield!	One Nation													
FOOD	61	54	110	231	The Kitchen	Giada	Giada	Pioneer	Pioneer	The Kitchen	Symon	Symon	BBQ USA	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	Alex vs America	
FREE	32	33	180	311	(7:00) ** "Power Rangers"	*** "Spies in Disguise" (2019, Children's)				*** "Spider-Man" (2002, Action) Tobey Maguire.				(:05) *** "Spider-Man 2" (2004) Tobey Maguire, Kirsten Dunst.	The Office	The Office									
FS1	41	85	150	219	NASCAR Truck Series	Motorcycle Race	Horse Race	Drag Racing	Pregame	MLB Baseball Milwaukee Brewers at Boston Red Sox. (N) (Live)	American Flat Track	Motorcycle Race													
FX	65	24	136	249	Family Guy	Family Guy	Family Guy	Family Guy	** "The Hangover" (2009, Comedy) Bradley Cooper, Ed Helms, Zach Galifianakis.	** "The Hangover Part II" (2011) Bradley Cooper, Phil, Stu, Alan and Doug head to Thailand for Stu's wedding.	** "Pitch Perfect 2" (2015) Anna Kendrick, The Barden Bellas compete at the world championships.	** "Pitch Perfect 3" (2017)													
FXX	35	64	125	259	(7:00) ** "Downhill"	** "Snatched" (2017) Amy Schumer.	Futurama	Futurama	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	King/Hill	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	
GOLF	88	88	401	218	LPGA Golf	Golf	PGA Golf	DP World Tour Golf Hero Open, Third Round. (N) (Same-Day Tape)	Golf U.S. Junior Amateur, Championship	Golf Central (N) (Live)															
HALL	87	87	185	312	Golden Girls	Golden Girls	Golden Girls	Golden Girls	"Campfire Christmas" (2022, Romance-Comedy) Tori Anderson, Corbin Bleu.	"The Nine Lives of Christmas" (2014, Children's) Brandon Routh, Kimberly Sustad.	"Coming Home for Christmas" (2017) Danica McKellar, Neal Bleasoe, Andrew Francis.	"Christmas With the Darlings" (2020, Romance) Katrina Law, Carlo Marks.													
HALLMM	86	86	187	565	Monk New lotto girl Natalie.	Monk A boxer inspires Monk.	Monk "Mr. Monk Is Underwater"	"All Yours" (2016) Nicolette Sheridan, Cass, a busy, single mother falls for her nanny, Matt.	"A Feeling of Home" (2019, Romance) Jonna Walsh, Nathan Dean Parsons, Robby Benson.	"A Country Wedding" (2015, Romance) Jesse Metcalfe, Autumn Reeser.	"Taking the Reins" (2021) Nikki DeLoach.														
HGTV	62	57	112	229	No Demo Reno	No Demo Reno	No Demo Reno	No Demo Reno	Great Giveback	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	
HIST	50	60	120	269	Alone "Gut Feeling"	Alone "The Ice Up"	Alone "Winter's Grasp"	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	
LIFE	29	29	108	252	Paid Prog.	Paid Prog.	Home	Paid Prog.	Theft	Paid Prog.	TextMeWhen	Phrogging: Hider	Phrogging: Hider	Flowers in the Attic: The Origin (Part 1 of 4)	Flowers in the Attic: The Origin (Part 2 of 4)										
MAGN	81	81	111	230	Bargain Mansions	Bargain Mansions	Bargain Mansions	Bargain Mansions	Inn-Works	Inn-Works	Beachfrnt Reno	Beachfrnt Reno	Beachfrnt Reno	Beachfrnt Reno	Fixer Upper										
MSNBC	71	67	209	356	Cross Connection	Alex Witt Reports (N)	Alex Witt Reports (N)	Yasmin Vossoughian	Yasmin Vossoughian	Symone (N) (Live)	PoliticsNation (N)	American Voices	American Voices	Ayman (N) (Live)											
NGEO	55	78	197	276	Oxygen	Theft	When Sharks Attack	When Sharks Attack	When Sharks Attack	Baby Sharks	Dolphin vs. Sharks	Shark Side Of	Shark Gangs	Maui Shark Mystery	Camo Sharks										
NICK	27	51	171	299	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	"Dr. Seuss-Lorax"	
OWN	40	41	189	279	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé	Family or Fiancé										
OXY	30	69	127	251	Dateline: Secrets	Dateline: Secrets	Dateline: Unforgettable	911 Crisis	911 Crisis	911 Crisis	911 Crisis	911 Crisis	911 Crisis	Living With a Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer		
PARMT	42	43	241	241	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	
ROOT	37	26	426	687	Paid Prog.	Paid Prog.	Fairways of Life	Golf Life	Golf	Tennis	Bands	Senior Games	Mariners	Perfect	Kraken	Mariners	Mariners	MLB Baseball: Mariners at Astros							
SYFY	67	50	122	244	** "Krampus" (2015) Emjay Anthony.	*** "Harry Potter and the Sorcerer's Stone" (2001) Daniel Radcliffe.				(:24) *** "Harry Potter and the Chamber of Secrets" (2002) Daniel Radcliffe.				"Harry Potter"											
TCM	56	73	132	256	"The Lion Hunters"	"Wagon Wheels"	*** "Tarzan, the Ape Man" (1932, Adventure) Johnny Weissmuller, Maureen O'Sullivan.	*** "The Prisoner of Zenda" (1952, Adventure) Stewart Granger, Deborah Kerr.	*** "The Time Machine" (1960, Science Fiction) Rod Taylor, Alan Young.	*** "American Graffiti" (1973, Comedy-Drama) Richard Dreyfuss, Ronny Howard.	*** "Phantom Thread" (2017)														
TDC	51	42	182	278	Jaws of Alaska	Black Demon Shark	Island	Alien Sharks: Close	Alien Sharks	Return to Headstone	Pigs vs. Shark	Great White	Tracy Morgan	Impractical Jokers											
TLC	49	62	183	280	(7:00) My 600-Lb. Life	Welcome to Plathville	Welcome to Plathville	Welcome to Plathville	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	Dr. Pimple Popper	The Family Chantel	The Family Chantel										
TNT	57	52	138	245	NCIS: New Orleans "Pride and Prejudice"	NCIS: New Orleans "Biased"	NCIS: New Orleans "A Changed Woman"	** "Gemini Man" (2019, Action) Will Smith, Mary Elizabeth Winstead, Clive Owen.	(:15) *** "Bad Boys II" (2003, Action) Martin Lawrence, Will Smith, Jordi Mollá. Two detectives battle a drug kingpin in Miami.																
TRAV	53	38	196	277	Food Paradise	Unexplained: C	Unexplained: C	Unexplained: C	Unexplained: C	Unexplained: C	Unexplained: C	Unexplained: C	Unexplained: C	Osbornes- Bel.	Osbornes- Bel.	Osbornes- Bel.									
TRUTV	73	75	242	246	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Jokers	Jokers	Jokers	Jokers	Jokes	Jokes	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	NASCAR	NCIS "Stakeout"	NCIS "Dog Tags"	NCIS "Internal Affairs"	** "Olympus Has Fallen" (2013) Gerard Butler.	*** "John Wick" (2014) Keanu Reeves.	(:10) *** "John Wick: Chapter 2" (2017)														
WE	118	118	128	260	Paid Prog.	H2O X5	Theft	Home	NCIS "Power Down"	NCIS "Child's Play"	NCIS "Faith"	NCIS "Ignition"	NCIS	NCIS "Jet Lag"	NCIS "Masquerade"	NCIS "Jack Knife"									
WEATH	14	19	214	362	Weekend Recharge	Weekend Recharge	The Earth Unlocked	Deep Water Salvage	Lords of the Ocean	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	Heavy Rescue: 401	Heavy Rescue: 401		
WTBS	59	40	139	247	** "Central Intelligence" (2016, Action)	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
HBO	518	518	303	504	(7:20) ** "Geostorm" (2017) 'PG-13'	(:10) *** "Tenet" (2020, Action) John David Washington, Robert Pattinson, Elizabeth Debicki. 'PG-13'	(:45) Edge of the Earth Free climb of Pk Slesova in Kyrgyzstan.	(12:50) ** "The Wolverine" (2013, Action) Hugh Jackman, Hiroyuki Sanada. 'PG-13'	Real Time With Bill Maher	"We Met in Virtual Reality" (2022, Documentary) 'NR'	(:35) "Warrior"														
MAX	531	531	311	516	"Robin Hood"	(:36) ** "Bloodsport" (1988) Jean-Claude Van Damme. 'R'	(:10) ** "Oblivion" (2013, Science Fiction) Tom Cruise, Morgan Freeman. 'PG-13'	(:15) ** "R.I.P.D." (2013) Jeff Bridges. A slain cop joins a team of spirit lawmen.	(:52) ** "Ouija" (2014, Horror) Olivia Cooke. 'PG-13'	(:23) ** "Hoodlum" (1997, Crime Drama) Laurence Fishburne, Tim Roth. 'R'	"Transformers"														
SHOW	578	578	319	546	(7:00) *** "Frankie and Johnny" 'R'	*** "The Disaster Artist" (2017) James Franco. 'R'	(:45) *** "Lady Bird" (2017, Comedy-Drama) Saoirse Ronan, Laurie Metcalf. 'R'	City on a Hill "Bill Russell's Bedsheets"	City on a Hill "I Need a Goat"	City on a Hill Jackie hatches a plan.	City on a Hill	City on a Hill "East of Eden"	All Access												
STARZ	621	621	351	526	"Roll Bounce"	(:39) ** "Guess Who" (2005, Comedy) Bernie Mac, Ashton Kutcher. 'PG-13'	(:28) *** "Spider-Man: No Way Home" (2021, Action) Tom Holland, Zendaya. 'PG-13'	(:28) *** "Colombiana" (2011, Action) Zoe Saldana, Jordi Mollá. 'PG-13'	(2:50) *** "The Rundown" (2003) The Rock. 'PG-13'	(:37) ** "Men in Black: International" (2019) Chris Hemsworth.															
TMC	591	591	327	554	"Holler" (2020, Drama) Jessica Barden, Pamela Adlon. 'R'	(:35) *** "Moonlight" (2016, Drama) Mahershala Ali, Alex Hibbert. 'R'	*** "Out of Africa" (1985) Meryl Streep. Based on Isak Dinesen's account of her plantation life. 'PG'	(:15) *** "Gloria Bell" (2018, Romance-Comedy) Julianne Moore, John Turturro. 'R'	"13 Minutes" (2021, Suspense) Amy Smart, Thora Birch, Peter Facinelli. 'PG-13'																