ALSO IN HD; ADD 600 TO CHANNEL No.

MOVIES

*In HD, these channels run three hours ahead. / Sports programming may vary.

BD-Bend/Redmond/Sisters/Black Butte (Digital): PM-Prineville/Madras: L-La Pine: D1-DirecTV: D2-Dish Network

	BD	PM	L D	1 D2	6:00	6:30	7:00	7:30	8:00	8:30		9:00 9:30	10:00	10:30	11:00	11:30
(ATU ABC)		2			KATU News at 6 (N		Jeopardy! (N) o	Wheel of Fortune	*** "Captain Am	erica: The Winter	Soldier	r" (2014, Action) Chris Evans, Scarlett J		Jackson. Capt.	KATU News at 11	(11:35) Jimmy
	0	0	6		NewsChannel 21	NewsChannel 21	'G' © NewsChannel 21	(N) o 'G' Family Feud o	America and the E			expected enemy. © (DVS) This Is Us Birth Mother Randall uncov-	(10:01) Nurses Chi	vealie Graco trice to	(N) ©	Kimmel Live! ' Tonight Show-
KTVZ (NBC)	Ы	Э	9 2	ונשונ	at 6 (N) @	at 6:30 (N) @	at 7 (N) @	'PG' @	14' @ (DVS)	ial y Flaylist (IV)		ers truths about his past. '14'	adjust to the new C		at 11 (N) @	Fallon
KBNZ	6	6	6 7	7		Central Oregon	Central Oregon					FBI American Dreams Jess LaCroix and				Late Show-Co
(CBS)			0.0		News at 6pm	Daily News ABC World News	Jeopardy! (N) o	Daily News	a man's identity.	'PG'	Coldia	his team help OA. '14' 📼 r" (2014, Action) Chris Evans, Scarlett J	a terrorist's wife.	14'	News at 11pm Oregon Daily	(11:35) Jimmy
(ABC)	9	a			'PG' 🚾		'G' @					expected enemy. Ω \square (DVS)	Onansson, Samuel L	Jackson, Capi.	News at 11pm	Kimmel Live!
KFXO (FOX)	0		6	0 00	Modern Family O	The King of		The Big Bang The-	The Resident Cor	rad and Nic prep	o for ((9:01) Prodigal Son Malcolm must find	News Channel 21	First on FOX (N) ©		Two and a Hal
		_			'PG'	Queens () 'PG'	ory 6 '14'	ory o '14'	their wedding. (N)			a killer. (N) '14' @ (DVS)	The Die Desertie	The Cineman	Familia Occasio	Men '14' @
MNT)		13	B		Family Feud ∩ 'PG'	Family Feud () 'PG' "	ory of '14'	The Big Bang The- ory o '14'	8 O Clock News	IN)	١	9 O'Clock News (N)	The Big Bang The ory o 'PG'	Puffless o 'PG'	Family Guy ∩ '14'	Family Guy O
KOAB	n	3	8 6	៣	Ask This Old		PBS NewsHour (N)					PBS American Portrait Work Jobs	Frontline Plastic W	ars The fight over the	The African Americ	cans: Many Riv
(PBS)	-				House 'G' 🚾	Outside	Th - O 1 Ob #	IIida Edition (NI)	Gates, Jr. (N) o 'F			and careers. (N) o 'PG' @	future of plastics.		to Cross o 'PG' @	\ /
KGW (NBC)		8				KGW News at 6:30	I ne Good Stuπ (N) ©	Inside Edition (N)	14' @ (DVS)	iary Playlist (N)		This Is Us Birth Mother Randall uncovers truths about his past. '14'	adjust to the new C	ysalis Grace tries to FO '14'	(N) ©	Tonight Show Fallon
TVZDT2	2 12	7	7 2				Family Guy o	Family Guy O	Two Sentence	Two Sentence		Trickster Episode 1 Jared struggles to	Seinfeld The Watch		Schitt's Creek Moi-	
(CW)					Yap û '14'	'PG' @	'14' cc	'14' cc	Horror Stories	Horror Stories	_	come up with money. (N) 6 '14'	'PG'	tigues 'G' @	ra Rosé '14'	o '14'
PBPL	175				Jazz-Vegetarian	Jacques Pépin	Nature ∩ 'PG' ©		Plants Behaving			Plants Behaving Badly 'PG'	Amanpour and Co	mpany (N) 🕮	Dead Reckoning: V	Var & Justice (
					The First 48 Dead r	man in field; shooting	The First 48 Friend	s gunned down in		ABLE CHAN e Killer Potential		The First 48 A stranger guns down a	(10:01) The First 4	A reformed man is	(11:04) The First 48	Vicious murde
*A&E	130	44	44 26	5 118	case. n 'PG' 📼	, ,	broad daylight. 6 '14	4' œ	killer on the loose.	'14' cc	' r	new father. ♠ '14'	gunned down. 6 '14	1' cc	young mother. o '14	l' cc
AMC	102	50	50 25	4 113	(5:30) *** "Lethal	Weapon 2" (1989) M omat who is a drug-r	el Gibson, Danny Gl	over. Detectives nail				el Gibson, Danny Glover, Joe Pesci. L.A	. detectives and a		4" (1998) Mel Gibso	
ANPL	60	40	40 00	0 104	a South African diplo Insane Pools o 'Po	omat wno is a drug-ri	unner. 🖾 Insane Pools 🕡 'P(21	wild woman crush Insane Pools: Off				Trochouse Master		e Chinese mercenarie ecret Speakeasy in the	
RAVO		_		-	The Real Housewiv		The Real Housewin	-	The Real Housew			The Real Housewives of Dallas (N)	Watch What	The Real Housewi		Chrislev Kno
CMT	_	_		_		Last-Standing		Last-Standing	Last-Standing	Last-Standing	_	Last-Standing Last-Standing	Dallas Cowboys C		Mom '14' @	Mom '14' @
CNBC					Shark Tank o 'PG'		Streets of Dreams		The Profit Skinny		_	The News With Shepard Smith	Streets of Dreams		Dateline: Secrets U	
CNN	55	67	67 20	2 200	Cuomo Prime Time		CNN Tonight with I		CNN Tonight with	Don Lemon (N)) /	Anderson Cooper 360 'PG'	Cuomo Prime Tim	9 00	CNN Tonight with I	Don Lemon
COM	_	73	73 24	$\overline{}$		The Office '14'	The Office '14'		The Office '14'	The Office '14	_	The Office '14' The Office '14'	The Office '14'	The Office '14'		South Park 'N
COTV	11		4- 0-	-		Daily News	Oregon News	Daily News	Extreme Desire	Frontier Unlin		Get Outdoors Visions of NW	Just for Laughs	Law and Crime	Oregon News	The Yoga Sho
					Politics and Public Jessie 'G'	Jessie 'G' 🖾	lessis (C) m	Jessie 'G' 🖾	Cudney May	Cudney May	_	Politics and Public Policy Today © Bunk'd 'G' © Bunk'd 'G' ©	Dia City Croops	Dunkid (C)	Dunkid (C) as	Cudney May
*DISC	_	-		$\overline{}$	Moonshiners o '14		Jessie 'G' Moonshiners: Outl		Sydney-Max Moonshiners Sine	Sydney-Max			Big City Greens Lone Star Law: Pa		Bunk'd 'G' (11:01) Moonshine	Sydney-Max
*E!	136		_	$\overline{}$	(4:30) Movie 🕮	(40)	Movie ©	aw Outs (N) 14	WOOTISHINE'S ON	gie Mait Moorisiii	ilie (IV)	17 (22	Celebrity Game Fa		,	Movie @
ESPN						Teams TBA (N) (Live			SportsCenter (N)	(Live) ©	1	SportsCenter With Scott Van Pelt	SportsCenter (N)		SportsCenter (N) (
SPN2						Teams TBA (N) (Live			NFL Live (N) ©		[DC & Helwani UFC Archival	Around the Horn	Interruption	DC & Helwani	UFC Archival
	_	_	30 61	_	Classic Fights Box		Boxing		Classic Fights Bo		_	MLB Baseball			MLB Baseball	
					Around the Horn				Around the Horn		_	X Games		Questionable	Around the Horn	
FNC					Hannity (N) (Live)		The Ingraham Ang		Fox News at Nigh		_	Tucker Carlson Tonight ©	Hannity @	(NI) (O)	The Ingraham Ang	
FOOD FREE					Chopped Feel The	Treasure" (2004, Adv	Chopped Culinary		Chopped Greater			Chopped (N) 'G' 📼 e: Book of Secrets" (2007) Nicolas Cag	Supermarket Stak	eout (N) 'G'	Kitchen Crash 'G' ©	
FX	131				"Mission: Impossible			18) Viola Davis. Prem						18 Suspense) Viola I	Davis, Colin Farrell.	
HGTV	_				Fixer to Fabulous '		Fixer to Fabulous		Fixer to Fabulous			Fixer to Fabulous (N) 'G' ©		Hunters Int'l		Hunters Int'l
*HIST					The Curse of Oak I		The Curse of Oak	Island o 'PG'	Oak Island: Diggi	ng Deeper	1	The Curse of Oak Island (N) 'PG'	(10:03) The Proof I	s Out There 'PG'	(11:03) The Curse of	of Oak Island (
LIFE					Rizzoli & Isles Fam		Rizzoli & Isles The	Platform '14'	Rizzoli & Isles Ba			(9:03) Rizzoli & Isles '14' ©	(10:03) Rizzoli & Is	les '14'	(11:03) Rizzoli & Is	
	_	_		_	The Rachel Maddo		The Last Word		The 11th Hour Wi			The Rachel Maddow Show ©	The Last Word	B # *	The 11th Hour With	
MTV						The Loud House			Teen Mom 2 (N)			Catfish: The TV Show (N) o '14'	Deliciousness Friends o '14'	Deliciousness Friends o '14'		Ridiculousne: Friends 6 '14'
								Have Nots '14'				Young Sheldon Young Sheldon Underground (N) • 'MA'	Underground (N)		The Haves and the	
						Basketball Oregon at		College Basketball			-	College Basketball Oregon State at Co			Basketball: Beavers	
	_	-	-	$\overline{}$								xperiences of black women. n @			Their Own" (1992) To	
SYFY						** "Hancock" (200						(2014) Luke Evans. Premiere. 🖾 (DVS)			ny" (2014, Fantasy) Z	oey Deutch.
TBN	205	61	61 37	2 260	Joyce Meyer	Living Proof	Better Together	Christine Caine	Praise 'G' @	T. D. D.		Joseph Prince Michael Youssef The Big Bang The- ory \(\oldsymbol{O} '14' \) Michael Youssef The Big Bang The ory \(\oldsymbol{O} 'PG' \)	Sekulow 'PG'	Christine Caine	Jewish Voice w	Praying Grace
*TBS	16	41	41 24	7 139	Family Guy 14' @	(DVS)	ory O '14'	ory O '14'	ory O 'PG'	e- The Big Bang	Ine-	Ine Big Bang The-The Big Bang The	- The Big Bang The	1 ne Misery Index	Conan 14' 🚾	Go-Big Show
TO14	404	F4	F4 0F	0400	"Gentlemen Prefer	(6:45) *** "The Ma	ark of Zorro" (1940) T	Tyrone Power, Linda [Darnell. A 19th-cent	u- ★★ "Down Arg	gentine	Way" (1940) Betty Grable. A show	(10:15) *** "The (Shost and Mrs. Muir"	(1947, Fantasy) Gen	
TCM				0 132	Blondes"	ry noble dons a disc	uise to fight corruption	on. 🖾		jumper follows	a bree	eder's son to Argentina.	widow falls in love	vith a sea captain's g	host. 🖾	
*TLC	178	57	57 28	0 183	Unpolished Catch (Up Special '14'	7 Little Johnstons	o 'PG'	7 Little Johnston	s (N) o 'PG'	nions:	My Big Fat Fabulous Life (N) 'PG'	Unpolished A New	Beginning '14'	Unexpected o '14'	Action Consult
*TNT	17	40	40 24	5 138	tv fights back again	or Salvation" (2009) of Skynet's machine	army, (DVS)	vvortriington. Human-	virtual reality world	er One" (2018, So d in 2045. @ (DV)	cience S)	Fiction) Tye Sheridan, Olivia Ćooke, Be	n wendelsonn. A teer	illius adventure in a	hansson, Premiere	action) Scarlett ©
TOON						Teen Titans Go!			Bob's Burgers			American Dad	Rick and Morty			Family Guy '1
	_	_	_	_	The Dead Files 'PG		The Dead Files 'PG	i' cc	The Dead Files S				The Dead Files (N		The Dead Files Go	
VLND	65	63	63 30	4 106	Andy Griffith	Andy Griffith		Andy Griffith	Love-Raymond	Love-Raymon	nd L	Love-Raymond Love-Raymond	Love-Raymond	<u> </u>	King of Queens	King of Quee
USA					Law & Order: Spec		Law & Order: Spec		Law & Order: Spe			Law & Order: Special Victims Unit	Law & Order: Spe			Modern Fami
VH1	191	82	82 33	5 162	Martin 6 'PG'	Martin o 'PG'	Love & Hip Hop o	'14' @				y) Eddie Murphy, Arsenio Hall. 6 @		★★★ "White Men C	an't Jump" (1992) 🕡	[CC]
EQ1	25	25	25 21	0 150	Callaga Baakathall	Dravidanaa at Mara	uotto (M) (Livo) 🖼			CABLE CHA		SmackDown () 'PG' ()		TM7 Cnorto (14)	Callege Beakethall	
FS2						Providence at Marqu SmackDown o 'PG'			NFL Presents PBC Collection J		_	PBC Collection Mares vs. Santa Cruz			College Basketbal	
FXM					(4:50) ** "The Mun			2017, Action Tom Cruis		annoo vo. WUITES			Horror Jennifer Law			
						** "Tommy's Honou						Golf Central 'G'	PGA TOUR	Feherty '14' @	,	Feherty 'PG'
	66	60	60 31	2 185	"Love in the Foreca	st" (2020, Romance)	Cindy Busby. 'G' @		"A New Year's Res					The Golden Girls	The Golden Girls	The Golden (
НВО						ens" 2011 Daniel Cra						Kyle Chandler. o 'PG-13'	(10:15) Tiger () (Pa			Alabama Sna
IFC	105	_		_		& Hutch" 2004, Com						Knoxville. 'PG-13' ©	+ /		5 Johnny Knoxville. 'I	
						(6:18) ★★ "Unforget			*** "The Fighter						homas Jane. 6 'R'	
	_	_	_	-	Life Below Zero '14 American Ninja Wa		Life Below Zero Yo American Ninja Wa		Life Below Zero L American Ninja V			Port Protection Al American Ninja Warrior o 'PG'	American Ninja W		Life Below Zero '14 American Ninja Wa	
ATGEO	_	_		-		The Astronauts			Odd Parents	Odd Parents		The Loud House The Loud House		The Loud House		The Loud Ho
ATGEO IBCSN	89	_	_	_	Cold Water Cowbo		Fat Guys in the Wo		Trev Gowdy	BigWater	_	Elite Tactical Unit Finale (N)		The \$100 Nomad		The \$100 Nor
ATGEO BCSN TOON	_	301											- ' '			
ATGEO IBCSN ITOON OUTD	_	_			(5:55) ★★★ "Dark W	Vaters" 2019 Mark Ru	ffalo. n 'PG-13' 🚾		Your Honor Part	SIX IMA [cc]		Inside the NFL (N) o 'PG'	Shameless NIMBY	() IVIA CC	Inside the NFL (N)	17 1 0 1111
IBCSN ITOON OUTD SHO STARZ	37 500 300	631	54 408 52	6 319 6 361	(4:36) Chicago	(6:33) American Go	ods 'MA' 📼	(7:33) ★★ "Lara Cro				(9:15) American Gods 'MA' @			001 Kurt Russell. O '	
ATGEO IBCSN ITOON OUTD SHO STARZ	37 500 300	631 641	54 408 52 401 53	6 319 6 361 6 341	(4:36) Chicago Sons of Liberty A [ods 'MA' ©	(7:33) ** "Lara Cro (7:31) Sons of Libe	oft: Tomb Raider" 20 erty The Uprising 'P	001 'PG-13' 'G'	(. ,	(10:13) ★★ "3000 M PG'	files to Graceland" 2 (10:31) *** "The M		R' @ 0