

FRIDAY EVENING 3/19/21

ALSO IN HD; ADD 600 TO CHANNEL No.

MOVIES

SPORTS

KIDS

\*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-DirectTV; D2-Dish Network

						BROADCAST/CABLE CHANNELS													
BD	PM	L	D1	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			
	2				KATU News at 6 (N) (Live) (G)		Jeopardy! (N) (G)	Wheel of Fortune (N) (G)	Shark Tank A new take on a traditional snack food. (PG)		(9:01) 20/20 (G)				KATU News at 11 (N) (G)	(11:35) Jimmy Kimmel Live! '14'			
	5	5	21	21	NewsChannel 21 at 6 (N) (G)	NewsChannel 21 at 6:30 (N) (G)	NewsChannel 21 at 7 (N) (G)	Family Feud (PG)	The Blacklist 16 Ounces Liz seeks vengeance on Reddington. (PG)		Dateline NBC (N) (G)				NewsChannel 21 at 11 (N) (G)	Tonight Show-J. Fallon			
	6	6	7	7	2021 NCAA Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament	2021 NCAA Basketball Tournament		
	9	9	9	9	Inside Edition (N) (PG)	ABC World News	Jeopardy! (N) (G)	Wheel of Fortune (N) (G)	Shark Tank A new take on a traditional snack food. (PG)		(9:01) 20/20 (G)				Oregon Daily News at 11pm	(11:35) Jimmy Kimmel Live! '14'			
	10		69	69	Modern Family (N) (PG)	The King of Queens (PG)	The Big Bang Theory (PG)	The Big Bang Theory (PG)	WWE Friday Night SmackDown (N) (PG)						News Channel 21 First on FOX (N) (G)	TMZ (N) (PG)	Two and a Half Men '14'		
	19	19			Family Feud (PG)	Family Feud (PG)	The Big Bang Theory (PG)	The Big Bang Theory (PG)	8 O'Clock News (N)		9 O'Clock News (N)				The Big Bang Theory (PG)	The Simpsons (PG)	Family Guy (PG)	Family Guy (PG)	
	7	3	3	3	Beyond Your Backyard (G)	BBC World News Today (G)	PBS NewsHour (N) (G)		Father Brown Kembleford Choir is sabotaged. (PG)		Call the Midwife An unexpected turn of events. (PG)				The Seaside Hotel Fie wakes up from a terrible nightmare. '14'	Resistance (Part 1 of 6) '14'			
	8				KGW News at 6 (N) (G)	KGW News at 6:30 (N) (G)	Straight Talk (N) (G)	Inside Edition (N) (PG)	The Blacklist 16 Ounces Liz seeks vengeance on Reddington. (PG)		Dateline NBC (N) (G)				KGW News at 11 (N) (G)	Tonight Show-J. Fallon			
	12	7	7	12	Bob's Burgers Aquaticism (PG)	Bob's Burgers (PG)	Family Guy (PG)	Family Guy (PG)	Whose Line Is It Anyway? (N) (PG)	Whose Line Is It Anyway? (N) (PG)	Penn & Teller: Fool Us The Magic Toilet (N) (PG)				Seinfeld The Sponge (PG)	Seinfeld The Visa (PG)	Schitt's Creek (PG)	Schitt's Creek (PG)	
	175				Ciao Italia (G)	Mexican Table	Legacy List With Matt Paxton (G)		Washington Wk	Rubenstein	Finding Your Roots With Henry				Amanpour and Company (N) (G)	Frontline (G)			
BASIC CABLE CHANNELS																			
*A&E	130	44	44	265	118	The First 48 A man stands up for his girlfriend. (PG)	The First 48 Vengeance; Paid in Full A vigilante seeks payback. (PG)	The First 48 Last Shift Deadly attack in a barbershop. (PG)	The First 48: Tracking a Killer Detectives try an unusual tactic. '14'	(10:01) Rescue Cam (N) (PG)	(10:32) Rescue Cam '14'	(11:04) Live Rescue: Rewind Live Rescue: Rewind 39 (PG)							
*AMC	102	50	50	254	113	(5:00) *** "Forrest Gump" (1994) Tom Hanks, Robin Wright, Gary Sinise. A slow-witted Southerner experiences 30 years of history. (G)	*** "Back to the Future" (1985, Comedy) Michael J. Fox, Christopher Lloyd, Crispin Glover. A boy travels through time to his parents' teenage years. (G)	*** "Back to the Future Part II" (1989, Comedy) Michael J. Fox, Christopher Lloyd. (G)											
*ANPL	68	48	48	282	184	Tanked (PG)	Tanked This Tank Is Ludacris (PG)	Tanked: Sea-Lebrity Edition (N) (PG)											
BRAVO	137	58	58	237	129	Below Deck Mediterranean '14'	Below Deck Mediterranean '14'	Below Deck Mediterranean '14'	*** "Mr. & Mrs. Smith" (2005, Action) Brad Pitt, Angelina Jolie, Vince Vaughn. (G)									Mr. & Mrs. Smith	
CMT	190	80	80	327	166	Last-Standing	Last-Standing	Last-Standing	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	
CNBC	54	70	70	355	208	Deal or No Deal It Takes Two (G)	Deal or No Deal (G)	Deal or No Deal (G)	The News With Shepard Smith	American Greed: Deadly Rich '14'	Dateline Finding Sarah Goode (PG)								
CNN	55	67	67	202	200	Cuomo Prime Time (N) (Live) (G)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	Anderson Cooper 360 (PG)	Cuomo Prime Time (G)	CNN Tonight With Don Lemon								
COM	135	73	73	249	107	(6:15) The Office (PG)	(6:50) The Office	(7:25) The Office	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	Schitt's Creek	The Comedy Central Roast 'MA'	
COTV	11					Daily	Daily News	Oregon News	Daily News	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Oregon News	
CSPAN	61	15	15	350	210	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	Politics and Public Policy Today (G)	
*DIS	87	23	23	291	173	"Descendants 3" (2019) Dove Cameron, Sofia Carson. (G)	Raven's Home	Sydney-Max	Just Roll With It	Big City Greens	Sydney-Max	Raven's Home	Raven's Home	Raven's Home	Raven's Home	Raven's Home	Raven's Home	Sydney-Max	
*DISC	156	43	43	278	182	Gold Rush (PG)	Gold Rush: Pay Dirt (N) (PG)	Gold Rush Endgame Parker's record-breaking season. (N) (PG)				(10:38) Gold Rush (PG)						Gold Rush '14'	
*E!	136					Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Sex and the City	
ESPN	21	28	28	206	140	College Wrestling NCAA Division I Championship, Semifinal Round (N)	College Wrestling NCAA Division I Championship, Semifinal Round (N)	College Wrestling NCAA Division I Championship, Semifinal Round (N)	SportsCenter (N) (Live) (G)	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	SportsCenter With Scott Van Pelt	
ESPN2	22	29	29	209	143	2021 NIT Basketball Tournament First Round: Teams TBA (N) (Live)	2021 NIT Basketball Tournament First Round: Teams TBA (N) (Live)	2021 NIT Basketball Tournament First Round: Teams TBA (N) (Live)	Basketball	The One	SportsCenter Special	UFC Live	UFC Archival	UFC Archival	UFC Archival	UFC Archival	UFC Archival	UFC Archival	
ESPN3	23	30	30	614		(5:00) College Football (G)	College Football From Nov. 23, 1995. (G)	College Football From Nov. 23, 1995. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	College Football From Nov. 21, 1981. (G)	
ESPN4	24	31	31	207	142	UFC Archival	UFC Archival	UFC Archival	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	World of X Games	
FNC	57	65	65	360	205	Hannity (N) (Live) (G)	The Ingraham Angle (N) (G)	Fox News at Night With Shannon	Tucker Carlson Tonight (G)	Hannity (G)								The Ingraham Angle (G)	
*FOOD	177	56	56	231	110	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	
FREE	67	62	62	311	180	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	Family Guy '14'	The 700 Club (G)	
FX	131	46	46	248	136	*** "How to Train Your Dragon: The Hidden World" (2019) (G)	*** "Jurassic World: Fallen Kingdom" (2018, Adventure) Chris Pratt, Bryce Dallas Howard. (G)	*** "Jurassic World: Fallen Kingdom" (2018, Adventure) Chris Pratt, Bryce Dallas Howard. (G)											Mayans M.C. (MA)
HGTV	176	55	55	229	112	Flip or Flop (G)	Flip or Flop (G)	Flip or Flop (G)	Dream Home	Dream Home	Everything But	Everything But	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	
*HIST	155	76	76	269	120	Ancient Aliens (PG) (DVS)	Ancient Aliens (PG) (DVS)	Ancient Aliens (PG) (DVS)	Ancient Aliens William Shatner hosts special guests. (PG) (DVS)	(10:05) Ancient Aliens (PG)	(11:05) Ancient Aliens (PG)								
LIFE	138	59	59	252	108	Rizzoli & Isles '14'	Rizzoli & Isles '14'	Rizzoli & Isles '14'	Little Women: Atlanta (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	Little Women: Atlanta Don't Give Up On Me (N) '14'	
MSNBC	59	69	69	356	209	The Rachel Maddow Show (N)	The Last Word	The 11th Hour With Brian Williams	The Rachel Maddow Show (G)	The Last Word	The 11th Hour With Brian Williams	The Last Word	The 11th Hour With Brian Williams	The Last Word	The 11th Hour With Brian Williams	The Last Word	The 11th Hour With Brian Williams	The Last Word	
MTV	192	81	81	331	160	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	
NICK	82	35	35	300	171	The Loud House	The Loud House	The Loud House	Are You Afraid of the Dark?: Curse	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	Friends (PG)	
OWN	161	213		279	189	Dr. Phil (PG)	Dr. Phil (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	Love & Marriage: Huntsville (PG)	
PAC12	47	33	33	406		Women's College Volleyball Oregon State at Oregon (N) (Live) (G)	Basketball	College Basketball Oregon at Oregon State (G)											
PARMT	132	75	75	241	241	Two/Half Men	Two/Half Men	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	*** "The Proposal" (2009, Romance-Comedy) Sandra Bullock, Ryan Reynolds. (G)	
SYFY	133	49	49	244	122	(5:30) *** "Robin Hood" (2018, Action) Taron Egerton, Jamie Foxx. (G)	*** "Salt" (2010, Action) Angelina Jolie, Liev Schreiber. (DVS)	*** "Salt" (2010, Action) Angelina Jolie, Liev Schreiber. (DVS)	Wynonna Earp Crazy (N) (MA)	Resident Alien '14'									
TBN	205	61	61	372	260	To Be Announced	To Be Announced	To Be Announced	Joseph Prince	Jordan Rubin	Gaither Gospel	The Passion Code - O.S. Hawkins	Family Guy '14' (DVS)	Family Guy '14' (DVS)	Family Guy '14' (DVS)	Family Guy '14' (DVS)	Family Guy '14' (DVS)	Treasures (PG)	
*TBS	16	41	41	247	139	(6:10) 2021 NCAA Basketball Tournament First Round: Teams TBA (N) (Live) (G)	2021 NCAA Basketball Tournament First Round: Teams TBA (N) (Live) (G)	2021 NCAA Basketball Tournament First Round: Teams TBA (N) (Live) (G)	The Misery Index (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	American Dad (PG)	*** "Lakeview Terrace" (2008)
TCM	101	51	51	256	132	(5:00) *** "The Houston Story" sheriff to stop an escaped convict. (G)	*** "The Chase" (1966, Drama) Marlon Brando, Jane Fonda, Robert Redford. Corrupt Texans order a sheriff to stop an escaped convict. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	*** "Blood Simple" (1984, Suspense) John Getz, Frances McDormand. A jealous husband's plot to kill his cheating wife unravels. (G)	
*TLC	178	57	57	280	183	Toddlers & Tiaras (PG)	Unexpected B Teenage Girl (PG)	90 Day Fiancé More to Love: Into Your Arms With bonus scenes. '14'	90 Day Fiancé	The Blended Bunch (PG)	90 Day Fiancé	The Blended Bunch (PG)	90 Day Fiancé	The Blended Bunch (PG)	90 Day Fiancé	The Blended Bunch (PG)	90 Day Fiancé	The Blended Bunch (PG)	
*TNT	17	40	40	245	138	(4:15) 2021 NCAA Basketball Tournament First Round: Teams TBA	(6:50) 2021 NCAA Basketball Tournament First Round: Teams TBA (N) (Live) (G)	Fast Foodies '14'	Fast Foodies Bob-by Lee '14'	*** "Masterminds" (2016, Comedy) Zach Galifianakis, Owen Wilson. Premiere. An armored-truck driver takes the fall for a big heist. (G)									
*TOON	84			297	177	Teen Titans Go!	Teen Titans Go!	Wrld, Gumball	Apple & Onion	Bob's Burgers	American Dad	American Dad	American Dad	Rick and Morty	Rick and Morty	Family Guy '14'	Final Space '14'		
*TRAV	179	47	47	277	196	Paranormal 911 Fearful Fed (PG)	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	Extreme Paranormal Witness '14'	
TVLND	65	63	63	304	106	Andy Griffith	Andy Griffith	Andy Griffith	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	
USA	15	45	45	242	105	Chicago P.D. Black and Blue '14'	Chicago P.D. Descent (PG)	Chicago P.D. Brotherhood (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	Chicago P.D. Trust (PG)	
VH1	191	82	82	335	162	(5:30) *** "The Break-Up" (2006) Vince Vaughn. (G)	RuPaul's Drag Race Pop! Goes the Queens (N) (PG)	RuPaul's Drag Race Pop! Goes the Queens (N) (PG)	*** "Mean Girls" (2004) Lindsay Lohan, Rachel McAdams. (G)										
PREMIUM CABLE CHANNELS																			
FS1	35	35	35	219	150	CONCACAF Olympic Qualifying	PokerStars Players Championship	PokerStars Players Championship	TMZ Sports '14'	Skip and Shannon: Undisputed (G)	Bowling								
FS2	34	324		618	397	Bowling	2021 CONCACAF Olympic Qualifying Championship Honduras vs Haiti	NRL Rugby Canterbury-Bankstown Bulldogs vs Penrith Panthers (N)	CONCACAF Olympic Qualifying										
FXM	104	225	120	258	384	"Kingsman: The Secret Service"	(7:05) *** "Kingsman: The Secret Service" 2014, Action Colin Firth. (R)	(9:45) *** "Life of Crime" 2013 Jennifer Aniston, Yasiin Bey. (R)										FXM Presents	
GOLF	28	34	34	218	401	(4:00) PGA Tour Golf Honda Classic, Second Round (G)	Golf Central (G)	PGA Tour Golf Honda Classic, Second Round (G)											
HALL	66	60	60	312	185	(5:00) "Truly, Madly, Sweetly" (G)	"Love by Chance" (2016) Beau Garrett, Benjamin Ayres. (G)	"A Godwin Christmas: Meant for Love" (2019) Cindy Busby. (G)											