THURSDAY EVENING 3/25/21

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-DirecTV; 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
KATU (ABC)		2				KATU News at 6 (N) (Live)		Jeopardy! (N) 'G'	Wheel of Fortune (N) 'G'	Station 19 Vic learns of a shocking secret. (N) '14'		Grey's Anatomy In My Life Teddy struggles to cope after a loss. '14'		(10:01) A Million Little Things Timing (N) '14' (DVS)		KATU News at 11 (N)	(11:35) Jimmy Kimmel Live! '14'
KTVZ (NBC)	5	5	5	21	21	NewsChannel 21 at 6 (N)	NewsChannel 21 at 6:30 (N)	NewsChannel 21 at 7 (N)	Family Feud 'PG'	Superstore Perfect Store '14'	Superstore All Sales Final '14'	(9:01) Law & Order: Special Victims Unit '14' (DVS)		Dateline NBC (N)		NewsChannel 21 at 11 (N)	Tonight Show-J. Fallon
KBNZ (CBS)	6	6	6	7	7	Cent OR Daily News at 6pm	Central Oregon Daily News	Central Oregon Daily News	Central Oregon Daily News	Young Sheldon 'PG'	(8:31) B Positive 'PG'	(9:01) Mom '14'	Bob Hearts Abishola 'PG'	Clarice Are You Alright? Clarice must prove she's fit for duty. '14'		Oregon Daily News at 11pm	Late Show-Colbert
KOHD (ABC)	9	9	9	51	9	Inside Edition (N) 'PG'	ABC World News	Jeopardy! (N) 'G'	Wheel of Fortune (N) 'G'	Station 19 Vic learns of a shocking secret. (N) '14'		Grey's Anatomy In My Life Teddy struggles to cope after a loss. '14'		(10:01) A Million Little Things Timing (N) '14' (DVS)		Oregon Daily News at 11pm	(11:35) Jimmy Kimmel Live! '14'
KFXO (FOX)	10			39	39	Modern Family 'PG'	The King of Queens 'PG'	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	Hell's Kitchen Re-creating one of Ramsay's fish dishes. (N) '14'		Call Me Kat Cat-A-Versary '14'	Last Man Standing (N) 'PG'	News Channel 21 First on FOX (N)		TMZ (N) 'PG'	Two and a Half Men '14'
KPDX (MNT)		13	13			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 '14'	The Simpsons 22 for 30 'PG'	Family Guy '14'	Family Guy '14'
KOAB (PBS)	7	3	3	3	11	Bare Feet With Mickela Mallozzi	BBC World News Outside	PBS NewsHour (N)		Oregon Art Beat 'G'	Oregon Field Guide 'G'	Shakespeare and Hathaway -- Private Investigators		Modus Someone tracks the president's phone. '14'		The Durrells in Corfu on Masterpiece '14'	
KGW (NBC)		8				KGW News at 6 (N)	KGW News at 6:30 (N)	The Good Stuff (N)	Inside Edition (N) 'PG'	Superstore Perfect Store '14'	Superstore All Sales Final '14'	(9:01) Law & Order: Special Victims Unit '14' (DVS)		Dateline NBC (N)		KGW News at 11 (N)	Tonight Show-J. Fallon
KTVZDT2 (CW)	12	7	7	22	12	Bob's Burgers 'PG'	Bob's Burgers '14'	Family Guy '14'	Family Guy '14'	Harry & Meghan's American Dream (N) 'PG'		Legacies Long Time, No See (N) 'PG'		Seinfeld The Cadillac 'PG'	Seinfeld The Old Man 'PG'	Schitt's Creek Estate Sale '14'	Schitt's Creek '14'
OPBPL	175					Milk Street	My Greek Table	Shelter Me: In Times of Need 'G'		NOVA Wonders 'PG'		AI vs The Human Brain: Showdown		Amanpour and Company (N)		Global 3000 'G'	Variety Studio

BASIC CABLE CHANNELS

*A&E	130	44	44	265	118	The First 48 A woman is found dead in a garbage can. '14'		The First 48 Murder of a young mother and her friend. '14'		The First 48 A woman is found strangled in her car. '14'		The First 48 Mobile Homicide tracks a killer. (N) 'PG'		(10:01) Nightwatch Saving victims of a drive-by shooting. (N) '14'		(11:04) The First 48 A young man goes missing in Tulsa, Okla. '14'	
*AMC	102	50	50	254	113	★★ "Jurassic Park III" (2001, Adventure) Sam Neill, William H. Macy. A search party encounters new breeds of prehistoric terror.				★★★ "Jurassic Park" (1993, Adventure) Sam Neill, Laura Dern, Jeff Goldblum. Cloned dinosaurs run amok at an island-jungle theme park.						★★ "The Lost World: Jurassic Park" (1997) Jeff Goldblum.	
*ANPL	68	48	48	282	184	Lone Star Law '14'		Lone Star Law '14'		Lone Star Law: Uncuffed (N) '14'				Lone Star Law '14'		Lone Star Law '14'	
BRAVO	137	58	58	237	129	(5:58) Below Deck '14'		(6:57) Below Deck Au Revoir! '14'		Summer House '14'		Summer House Crawl Me Maybe (N) '14'			Summer House '14'		Watch What
CMT	190	80	80	327	166	Last-Standing	Last-Standing	Last-Standing	Last-Standing	★★★ "Dumb & Dumber" (1994, Comedy) Jim Carrey, Jeff Daniels. Premiere.					To Be Announced		
CNBC	54	70	70	355	208	Shark Tank 'PG' (DVS)		Shark Tank 'PG' (DVS)		Shark Tank 'PG' (DVS)		The News With Shepard Smith		American Greed 'PG'		Dateline The Last Day 'PG'	
CNN	55	67	67	202	200	Anderson Cooper 360 (N) 'PG'		CNN Tonight With Don Lemon (N)		CNN Tonight With Don Lemon (N)		Anderson Cooper 360 'PG'		Anderson Cooper 360 'PG'		CNN Tonight With Don Lemon	
COM	135	73	73	249	107	The Office 'PG'	(6:35) The Office	(7:10) The Office	(7:45) The Office Finale 'PG'		(8:20) The Office	(8:55) The Office	The Office '14'	The Office '14'	The Office '14'	The Office '14'	The Office '14'
COTV	11					Daily	Daily News	Oregon News	Daily News	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Central Oregon	Oregon News	Law and Crime
CSPAN	61	15	15	350	210	Politics and Public Policy Today						Politics and Public Policy Today					
*DIS	87	23	23	291	173	Jessie 'G'	Jessie 'G'	Big City Greens	Big City Greens	Jessie 'G'	Jessie 'G'	Jessie 'G'	Big City Greens	Big City Greens	Bunk'd 'G'	Bunk'd 'G'	Sydney-Max
*DISC	156	43	43	278	182	BattleBots: Bounty Hunters		BattleBots: Bounty Hunters (N)		BattleBots: Bounty Hunters Challengers take a shot at Icewave. (N)				(10:05) BattleBots Witch Doctor vs. Hydra. 'PG'			
*E!	136			236	114	Keeping Up With the Kardashians		Keeping Up With the Kardashians		Keeping Up With the Kardashians		For Real: The Story of Reality TV		Overserved	Keeping Up With the Kardashians		Nightly Pop '14'
ESPN	21	28	28	206	140	2021 NIT Basketball Tournament Quarterfinal: Teams TBA (N) (Live)				SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	22	29	29	209	143	To Be Announced		2021 NIT Basketball Tournament Quarterfinal: Teams TBA (N) (Live)				NFL Live		Around the Horn	Interruption	Draft: Featured	Draft: Featured
ESPNC	23	30	30	614		(5:00) College Football 'G'		College Football From Dec. 2, 1989. 'G'				College Football 'G'				College Football 'G'	
ESPNN	24	29	31	207	142	Around the Horn	Interruption	E60		E60		World of X Games		E60		Questionable	Around the Horn
FNC	57	65	65	360	205	Hannity (N) (Live)		The Ingraham Angle (N)		Fox News at Night With Shannon		Tucker Carlson Tonight		Hannity		The Ingraham Angle	
*FOOD	177	56	56	231	110	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Restaurant: Impossible (N) 'G'		Dinner: Impossible (N) 'G'		Beat Bobby Flay	Beat Bobby Flay
FREE	67	62	62	311	180	(5:00) "Meet the Robinsons" (2007)		★★★★ "WALL-E" (2008) Voices of Ben Burtt, Elissa Knight.				★★★ "Shrek" (2001) Voices of Mike Myers, Eddie Murphy.				The 700 Club	
FX	131	46	46	248	136	(5:30) ★★ "Thor: The Dark World" (2013) Chris Hemsworth.				★★★ "Spider-Man: Into the Spider-Verse" (2018) Voices of Shameik Moore.					★★★ "Spider-Man: Into the Spider-Verse" (2018)		
HGTV	176	55	55	229	112	Home Town 'G'		Home Town 'G'		No Demo Reno Reno Rescue (N)		Flip or Flop 'G'	Flip or Flop 'G'	House Hunters	Hunters Int'l	House Hunters	Hunters Int'l
*HIST	155	76	76	269	120	Swamp People 'PG' (DVS)		Swamp People The Boneyard 'PG'		Swamp People Heat Wave 'PG'		(9:02) Swamp People 'PG'		(10:05) Swamp People 'PG'		(11:05) Swamp People 'PG'	
LIFE	138	59	59	252	108	Rizzoli & Isles '14'		Rizzoli & Isles Love Taps '14'		Married at First Sight (N) '14'		Married at First Sight The couples have a night on the town. (N) '14'				(11:03) "The 40-Year-Old Virgin"	
MSNBC	59	69	69	356	209	The Rachel Maddow Show (N)		The Last Word		The 11th Hour With Brian Williams		The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams	
MTV	192	81	81	331	160	(4:30) ★★ "Couples Retreat"		Deliciousness	Deliciousness	Floribama Shore (N) '14'		Floribama Shore (N) '14'		Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	25	300	171	The Loud House	The Loud House	Casagrandes	The Loud House	"Madagascar: Escape 2 Africa"		"Madagascar: Escape 2 Africa"		Friends '14'	Friends '14'	Friends '14'	Friends '14'
OWN	161	213		279	189	20/20 on OWN Presents: Homicide		Delilah Toldja '14'		Delilah Sometimes Apart '14'		Delilah Andre '14'		To Be Announced		Delilah Sometimes Apart '14'	
PAC12	47	33	33		406	College Basketball Oregon at Oregon State			Women's College Basketball Oregon State at Oregon			Women's College Basketball			College Basketball Oregon at Oregon State		
PARMT	132	75	75	241	241	Two/Half Men	Two/Half Men	★★★★ "Raiders of the Lost Ark" (1981) Harrison Ford.				(9:05) ★★★ "Indiana Jones and the Temple of Doom" (1984)				"Indiana Jones-Last Crusade"	
SYFY	133	49	49	244	122	(5:27) ★ "Gods of Egypt" (2016, Fantasy) Nikolaj Coster-Waldau.				★★★ "The Fifth Element" (1997, Science Fiction) Bruce Willis, Gary Oldman.					(10:33) ★★ "Colombiana" (2011) Zoe Saldana.		
TBN	205	61	61	372	260	Drive-History	State of Faith China (N) 'G'		Drive-History	Inexplicable 'G'		Joseph Prince	Joel Osteen 'PG'	Amazing Facts	Chosen Unveiled	Drive-History	Main Stage 'PG'
*TBS	16	41	41	247	139	Family Guy Fore Father '14'	Family Guy '14' (DVS)	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	The Big Bang Theory '14'	The Big Bang Theory 'PG'	The Big Bang Theory 'PG'	Conan Mike Birbiglia '14'	Full Frontal With Samantha Bee
TCM	101	51	51	256	132	(5:00) ★★★★ "My Fair Lady" (1964, Musical) Audrey Hepburn. Professor Henry Higgins bets he can refine cockney Eliza Doolittle.				★★★ "The Children's Hour" (1961, Drama) Audrey Hepburn. A schoolgirl ruins her two headmistresses with a scandalous lie.				(10:15) ★★★★ "Psycho" (1960, Horror) Anthony Perkins, Janet Leigh, Vera Miles. A woman stops at a motel run by mad Norman Bates.			
*TLC	178	57	57	280	183	OutDaughtered 'PG'		OutDaughtered 'PG'		OutDaughtered 'PG'		OutDaughtered 'PG'		OutDaughtered 'PG'		OutDaughtered 'PG'	
*TNT	17	40	40	245	138	(4:30) NBA Basketball Portland Trail Blazers at Miami Heat (N)		NBA Basketball Philadelphia 76ers at Los Angeles Lakers From Staples Center in Los Angeles. (N) (Live)					NBA on TNT Thursday (N) (Live)		NBA Basketball Philadelphia 76ers at Los Angeles Lakers From Staples Center in Los Angeles.		
*TOON	84			297	177	Teen Titans Go!	Teen Titans Go!	Wrld, Gumball	Apple & Onion	Bob's Burgers	Bob's Burgers	American Dad	American Dad	Rick and Morty	Rick and Morty	Family Guy '14'	Family Guy '14'
*TRAV	179	47	47	277	196	Paranormal Caught on Camera		Paranormal Caught on Camera		Paranormal Caught on Camera		Paranormal Caught on Camera (N) '14'				Paranormal Caught on Camera	
TVLND	65	63	63	304	106	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	King of Queens	King of Queens
USA	15	45	45	242	105	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	She's the Boss	Chrisley Knows	Chrisley Knows
VH1	191	82	82	335	162	Tokyo Drift	★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker, Michelle Rodriguez.					★★ "The Day After Tomorrow" (2004) Dennis Quaid. Global warming leads to worldwide natural disasters.					

PREMIUM CABLE CHANNELS

FS1	35	35	35	219	150	CONCACAF	Match Day (N)	2021 CONCACAF Olympic Qualifying Championship				2021 CONCACAF Olympic Qualifying Championship				WWE Friday Night SmackDown	
FS2	34	324		618	397	NHRA in 30 'PG'	WWE Friday Night SmackDown 'PG'				Boxing From Sept. 28, 2019.						PBC Collection
FXM	104	225	120	258	384	(5:30) ★★ "Kingsman: The Golden Circle" 2017, Action Colin Firth. 'R'					(8:20) ★★ "Mechanic: Resurrection" 2016 'R'			(10:15) ★★ "Mechanic: Resurrection" 2016 Jason Statham. 'R'			
GOLF	28	34	34	218	401	LPGA Tour Golf Kia Classic, First Round (N)				PGA Tour Golf WGC - Dell Technologies Match Play, Day 2							
HALL	66	60	60	312	185	(5:00) "The Last Bridesmaid" 'G'		"Love on the Sidelines" (2016) Emily Kinney, John Reardon. 'G'				"Playing Cupid" (2021) Laura Vandervoort, Nicholas Gonzalez. 'G'				The Golden Girls	The Golden Girls
HBO	425	601	501	504	303	(6:15) ★★ "Tower Heist" 2011, Comedy Ben Stiller. 'PG-13'				Q: Into the Storm 'MA'		(8:58) Q: Into the Storm 'MA'		★★★ "Speed" 1994, Action Keanu Reeves. 'R'			
IFC	105			564	133	3's Company	3's Company	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men
MAX	400	621	508	516	311	Evil Dead 2 1987	"Within" 2016, Suspense Erin Moriarty. 'R'			★★ "Blackhat" 2015, Suspense Chris Hemsworth. 'R'				(10:15) ★★ "In the Heart of the Sea" 2015 Chris Hemsworth. 'PG-13'			
NATGEO	157	77	77	276	186	Life Below Zero: Next Generation		Life Below Zero: Next Generation		Life Below Zero: Next Generation		Life Below Zero: Next Generation		Life Below Zero: Next Generation		Life Below Zero: Next Generation	
NBCSN	27	36	36	220	159	Boxing Ring City USA: Alberto Machado vs. Angel Fierro (N) (Live)				Boxing Ring City USA: Alberto Machado vs. Angel Fierro				American Ninja Warrior Obstacles include Floating Monkey Bars. 'PG'			
NTOON	89	204	115	302	178	Odd Parents	Odd Parents	Odd Parents	Odd Parents	Alvinnn!!! and	Alvinnn!!! and	Casagrandes	Casagrandes	The Loud House	The Loud House	The Loud House	The Loud House
OUTD	37	301	307	606	396	Territories Wild	Heartland Bow	Tracks, Africa	The One	Hunting TV	Outdoors TV	Truth Hunting	Bone Collector	Bowhunter	Wild Boar Fever	Viral Outdoors	Lindsey Way
SHO	500			546	319	(5:00) Grandma	(6:20) Shameless Survivors 'MA'		(7:20) ★★ "Kiss the Girls" 1997 Morgan Freeman.			(9:15) ★★ "Along Came a Spider" 2001 Morgan Freeman. 'R'				Desus & Mero	VICE 'MA'
STARZ	300	631	408	526	361	(5:05) ★★ "Hulk" 2003 Eric Bana. 'PG-13'			(7:26) ★★ "Along Came Polly" 2004 Ben Stiller.			Step Up: High Water		(9:54) ★★ "The Craft: Legacy" 2020 Cailee Spaeny.			After Wedding
STZENC	106	641	401	536	341	(5:38) ★★ "Brightburn" 2019 'R'		(7:12) ★★ "Here Comes the Boom" 2012 Kevin James. 'PG'				★ "Black Sheep" 1996 Chris Farley. 'PG-13'			★★★ "The Amazing Spider-Man" 2012 'PG-13'		
TMC	525			554	329	(6:05) ★★ "The Captive" 2014, Suspense Ryan Reynolds. 'R'				★★★ "First Blood" 1982 Sylvester Stallone. 'R'			(9:35) ★★ "Rambo: First Blood Part II" 1985 'R'			(11:15) ★★ "Rambo III" 1988 'R'	
*WE	143	54	54	260	128	Law Order: CI	Law & Order: Criminal Intent Semi-Detached '14'			(7:52) Waka & Tammy 'PG'		Waka & Tammy (N) 'PG'		The TS Madison Experience (N)		The Real Blac Chyna Get Out! '14'	