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

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	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
KATU ABC)		2			KATU News at 6 (N		Jeopardy! (N) o	Wheel of Fortune	The Goldbergs	Home Econor			black-ish What	To Tell the Truth Ja	son Alexander; Oli-	KATU News at 11	(11:35) Jimmy
(ABC) KTVZ	G	B	F 6	ກ ຜາ	NewsChannel 21	NewsChannel 21	'G' © NewsChannel 21	'G' @ Family Feud 0	o 'PG' America's Got Ta	n 'PG'		'PG' acts audition. (N) 0	About Gary? '14'	ver Hudson. 'PG' @ (10:01) College Bo		(N) © NewsChannel 21	Kimmel Live! '1 Tonight Show-
(NBC)					at 6 (N) ©	at 6:30 (N) 🚾	at 7 (N) @	'PG' @			,	(/		n 'PG' 🖾		at 11 (N) ©	Fallon
KBNZ (CBS)	6	6	6	7	CO Daily News (N)	CO Daily News (N)	CO Daily News (N)	CO Daily News (N)	NCIS Sangre Torr 1'14' (DVS)	es meets his fathe	er. 🕡 F	BI Checks and Bal unts two armed rob	lances The team	FBI: Most Wanted chases a serial kille		CO Daily News (N)	Late Show-Col
KOHD	9	9	9 6	១ ១	Inside Edition (N)	ABC World News	Jeopardy! (N) o	Wheel of Fortune	The Goldbergs	Home Econor	mics T	he Conners	black-ish What	To Tell the Truth Ja		CO Daily News (N)	
(ABC)					'PG' ₪		'G' @	'G' @	n 'PG'	o 'PG'			About Gary? '14'	ver Hudson. 'PG' @		(Live)	Kimmel Live! '1
KFXO (FOX)	0		16	9 69	Modern Family € 'PG' ©	Queens of 'PG'	ory of 'PG'	The Big Bang The- ory o 'PG'	teams create wea			reative director. (N)		News Channel 21	FIRST ON FUX (IN) [III]	IMZ (N) O PG CC	Men '14' 🖂
KPDX		B	B		Family Feud O	Family Feud O	The Big Bang The-	The Big Bang The-				O'Clock News (N)		The Simpsons 'PG		Family Guy Tur
(MNT) KOAB	0	0	n () (D	'PG' © Ask This Old	'PG' © BBC World News	ory o 'PG' PBS NewsHour (N	ory o 'PG'	Finding Your Roo	nts With Henry I	ouis M	Aysteries of Menta	I Illness Ancient	ory o 'PG' Mysteries of Menta	al Illness Mental	'14' Pacific Heartbeat	Cowboy '14'
(PBS)		2	9 6	w	House 'G' 🚾	Outside			Gates, Jr. o 'PG'	CC	C	onceptions of ment	tal illness. '14'	illness standards. (N	l) 🐧 '14' 🚾	for competition. o 'F	PG'
KGW (NBC)		8			The Story with Dan Haggerty	KGW News at 6:30	The Good Stuff	Inside Edition (N)	America's Got Ta	lent Auditions 4 V	/ariety a	acts audition. (N) o	'PG' 🚾	(10:01) College Bo	wl Qualifiers 1 (N)	KGW News at 11 (N) ©	Tonight Show- Fallon
(NDC) TVZDT2	മ	A	7 2		Bob's Burgers ()		Family Guy O	Family Guy Turban	The Flash Ravo o	de Luz Ultraviolet	re- S	Superman & Lois (Clark makes a star-		Seinfeld The Fusilli	Schitt's Creek	Schitt's Creek
(CW)					'PG' 🖾	'PG' ©	'14' cci	Cowboy '14'	turns to Central C		_	ing discovery. (N) 'F		Dot o 'PG'	Jerry o 'PG'	o '14'	Roast '14'
PBPL	175				Jazz-Vegetarian	Jacques Pépin	Nature ∩ 'PG' (C	OVS)	Our Gorongosa	Ո՛G'։⊠ ABLE CHAN		orongosa Park	Rebirth	Amanpour and Co	mpany (N) 🖾	Nazi Mega Weapor	ns 'PG' 📼
***	400		44 04		Ozzy and Jack's W	/orld Detour Pearls							ne Lives of Ozzy Os	bourne The singer re	eflects on his suc-	(11:04) Ozzy and J	ack's World Det
*A&E	130	44	44 26	55 118	of Wisdom of '14'	0" (4000) M	Kid on the Block o	'1/I' red	Ola Ochournae A	'1/I' red	100	accae failurae ann	hie unique ahility fo	r curvival ∧ '1/' m		Lizard of Oz o '14'	CC
*AMC	102	50	50 25	54 113	a South African dipl	Weapon 2" (1989) M lomat who is a drug-r	ei Gibson, Danny Gi unner.	over. Detectives nail	wild woman crush	<i>pon 3"</i> (1992, Act 1 a guns-to-gangs	ion) Mei deal.	i Gibson, Danny Gi	lover, Joe Pesci. L.A.	detectives and a		4" (1998) Mel Gibso Chinese mercenarie	
ANPL	68	48	48 28	32 184	Tanked o 'PG'	ioniai mio io a arag i	Treehouse Masters					ical Thrill House (N	N) o 'PG'	Crikey! It's the Irwi		with a Komodo drage	
	137	58	58 23	37 129	Below Deck '14' @		Below Deck '14' ©		Below Deck Saili	ing Yacht '14'	B	Below Deck Sailing	Yacht (N) '14'	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Know
					J	Last-Standing		Last-Standing	Mom '14' @	Mom '14' @	_	-	Mom '14' 📼	Mom '14' @	Mom '14' @	Reba 'PG' @	Reba 'PG' @
CNBC					Shark Tank o 'PG' Cuomo Prime Time		Shark Tank () 'PG'		Shark Tank o 'Po			he News With She		American Greed 'P		Dateline A fatal car	
	_	-	_	_	The Office '14'	The Office '14'	Don Lemon Tonigh The Office '14'	The Office '14'	Don Lemon Tonig	The Office '14'			The Office '14'	The Office '14'	The Office '14'	Don Lemon Tonigh The Daily Show	South Park 'M
COTV	11			_	Redmond City Cor		1 CANCO IT	17	, JIIIO 17	CO Daily New			CO Daily News		CO Daily News	CO Daily News	Law and Crim
SPAN	_	-	_	_	Politics and Public	Policy Today 📼					P	olitics and Public	Policy Today 🖾				'
*DIS	_	-	_	_			Big City Greens		Jessie 'G' 📼	Jessie 'G' 📼			Jessie 'G' 📼		Big City Greens	Gabby Duran	Sydney-Max
	-	-	_	_	Deadliest Catch: C	On Deck (N) '14'	Deadliest Catch: O	n Deck (N) '14'		The Time Bandit r		an appearance. (N)	14' @	Deadliest Catch: B	loodline () '14'	Mysteries of the Al	
	136 21	-	_	_	Botched '14' ©	onference Final: Team	Botched '14' ©		Botched '14' @	SnortsCenter	_	Botched (N) '14' cott Van Pelt (N) (l	Livo)	Botched '14' @ SportsCenter (N) (Liva) m	Botched '14' SportsCenter (N) (Nightly Pop '14
	-				2021 College World		UEFA Euro	UFC Archival	NFL Live ©	oportsoenter			UEFA Euro	NFL Live ©	LIVE) ISS	E60	LIVE) W
		30			(5:00) College Foo		College Football F						rom Nov. 25, 1995. 'G			College Football 'G	;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;
					UEFA European C		AKC Agility Nation					:60		2020 Spikeball Col	lege Series	Spikeball	
	_	-	_	_	Hannity (N) (Live)		The Ingraham Ang		Gutfeld! (N) ©	n: (0)		ox News at Night		Tucker Carlson To		Hannity ©	
	_	-	_	_	Chopped Summer		Chopped Leftover	lakeover 'G' he Beast" (2017, Chil	Chopped Beach			Chopped (N) 'G' ©		Good Eats 'G' Motherland: Fort S	Good Eats 'G'	Chopped Lighten U	
	_	-	_	_	(5:00) ★★ "Shrek F "xXx: Return of Xan			015) Vin Diesel. A dea							Mr Inbetween o	The 700 Club o Mr Inbetween o	The Predator 0
					Unsellable Houses		Unsellable Houses		Unsellable House			Insellable Houses	(N) 'G' @	\$50K Three	House Hunters		Hunters Int'l
*HIST	155	76	76 26	120	The Secret of Skin	walker Ranch	The Secret of Skin	walker Ranch	Secret of Skinwa	lker	Т	he Secret of Skin	walker Ranch	(10:03) America's E	Book of Secrets	The Secret of Skin	walker Ranch
LIFE	138	59	59 25	108	Rizzoli & Isles Jus	t Push Play '14'	Rizzoli & Isles '14'	CC	Rizzoli & Isles '14		_	Rizzoli & Isles A Ne		(10:03) Rizzoli & Is	les '14' 🚾	(11:03) Rizzoli & Is	
					The Rachel Maddo		The Last Word	Deliaiouenasa	The 11th Hour W		-	he Rachel Maddo		The Last Word	•••• (DC) ==	The 11th Hour With Catfish: The TV Sh	
					(5:00) ★ "The Water SpongeBob		Deliciousness Unfiltered	Deliciousness SpongeRob	SpongeBob			Catfish: The TV Sho riends o '14'		Catfish: The TV Sh Friends o '14'	Friends o '14'	Friends o '14'	
					David Makes Man		David Makes Man		The Haves and the			David Makes Man (The Haves and the	Have Nots '14'	The Haves and the	
						I: Pac-12 Tournament		College Basketball	l: Pac-12 Tourname	ent			: Pac-12 Tournamen			I: Pac-12 Tournament	
								inny" (1992) Joe Peso							rs" (2013, Comedy) c	Jennifer Aniston. n	
						cic Park" (1993) Sam							Idblum, Julianne Moo		Obstation Only	** "Jurassic Park I	
	205	ы	01 3	/2 260	Joyce Meyer Family Guy '14'	Living Proof Family Guy '14' @	Better Together The Big Bang The-	The Big Bang The-	Praise 'G' @ The Big Bang Th	e- The Big Bang	The- T	oseph Prince The Big Bang The-	Michael Youssef The Big Bang The-	The Big Bang The-	Christine Caine The Big Bang The-	Jewish Voice w Conan (N) '14' ©	The Cube Talk
*TBS	16	41	41 24	17 139	(DVS)	Living Proof Family Guy '14' © (DVS)	ory o 'PG'	ory o '14'	ory o 'PG'	ory o 'PG'	0	ry o 'PG'	ory o '14'	ory o 'PG'	ory o '14'		Me Nice '14'
TCM	101	51	51 25	6 132	(5:00) ★★ "The Wild Stewart Granger.	d North" (1952)	★★ "Twilight for the	Gods" (1958, Adven-	ture) Rock Hudson	, Cyd Charisse, A	rthur Ke	ennedy. Boozing	★★ "Mark of the Re	negade" (1951, Wes	tern) Ricardo Mon-	** "Five Golden He	<i>our</i> s" (1961) Erni
					Doubling Down Wi		7 Little Johnstons		7 Little Johnston	s (N) A 'PC'	l l	ittle People, Big W	talban, Cyd Chariss	e, J. Carrol Naish. Doubling Down Wi	th the Derrices	Kovacs, Cyd Charis Doubling Down Wi	
	4-	40	40 2	15 400	(5:15) ** "Fallen" ((1998, Suspense) Der d murderer's evil spirit	nzel Washington, Joh	nn Goodman. A cop	** "The Equalize	r" (2014, Action) [Denzel V	Washington, Martor	n Csokas, Chloë Gra	ce Moretz. A former	(10:45) *** "Ameri	ican Gangster" (2007	7) Denzel Washir
*TNT		40															
TOON	_	47	_	_	Teen Titans Go!		,	Apple & Onion	American Dad	American Dac	_				Rick and Morty	Family Guy '14'	
	_	_	_	_	Paranormal Caugh Andy Griffith	Andy Griffith	Paranormal Caugh Andy Griffith	Andy Griffith	Paranormal Caug Love-Raymond			aranormal Caugh ove-Raymond	t on Camera (N) '14		Love-Raymond	Paranormal Caugh King of Queens	
USA					NCIS Personal Day		NCIS Incognito 'PG		WWE NXT (N)		iu L	.ove-nayiiioliu	=0ve-nayinonu			Gerard Butler. @ (D	
					Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	W	Vild 'n Out	Wild 'n Out		Wild 'n Out	Wild 'n Out	Wild 'n Out
	c:									CABLE CHA							
	-	_			Bowling		Bowling		Bowling			Bowling	ninatar	Bowling		Skip and Shannon	
	_	324 225 1				ninster Kennel Club				(8:45) + "Eant		Best of 2016 Westn	ninster iles Teller. 'PG-13' 📼	2017 Dog Show	(10:40) +++ "Evoro	Crowned: Westmin	
	_	-	_	_		U.S. Open Epics		•	Golf Central 'G'			,		U.S. Open Epics			PGA TOUR
	_	-	_	_		e" (2019) Meghann Fa						endrick Sampson.	 			The Golden Girls	
НВО	425	601 5	01 50	04 303	Kajillionaire 2020	Real Time With Bill	Maher o 'MA'	Axios '14' @	** "Greenland" 2	2020, Action Gera	rd Butle	er. o 'PG-13' 🕮		REAL Sports With		Betty 'MA' ©	Axios '14' 🖂
	105	_				le Dundee II" 1988, 0			*** "Smokey and							1980 Burt Reynolds.	
						ay Back" 2020, Dram			*** "Doubt" 200				(9:45) ★★ "Cruel In	tentions" 1999 Sarah	Michelle Gellar. 6 'F	,	Trick 'r Treat 'R'
					Life Below Zero Fa	Cing Fears '14' New York Islanders	Life Below Zero '14 at Boston Bruins	+ (CC)	NHL Overtime o			nt for food. '14' 🖾 Nonster Jam 🕮		Monster Jam @		Life Below Zero '14 Monster Jam	+ [CC]
	_	-	_	_	Alvinnn!!! and	4		Alvinnn!!! and	Odd Parents	Odd Parents			Casagrandes		The Loud House		The Loud Hou
		-	_	_	Amer/Whitetail	+	The Fowl Life	Gun Dog TV	For Love			Archer's Choice			Jim Shockey's	Truth Hunting	Drop Zone
SHO	500		54	16 319	★★ "The Twilight Sa	aga: Breaking Dawn I	Part 1" 2011 Kristen S	Stewart.			awn Pai	rt 2" 2012 Kristen S	Stewart.	The Chi o 'MA' 🖾	•	Black Monday	Flatbush Mis
STARZ	-	-	-	_	(5:14) ** "Perfect		` '	Blue" 2005 Paul Wall		(D) =				Something About N	lary" 1998 Cameron		Monster Hunter
		641 4	01153	36 341	(4:56) "Critical Thin	кına" 2020 'NR'	(6:57) ★★ "The Bea	<i>cn"</i> 2000. Drama Le	onardo DiCaprio.	.H. [cc]	*	* "Fever Pitch" 20	005 Drew Barrymore.	O 'PG-13' ₪		(10:47) "Charlie's A	ngels" 2019 n
TZENC	106 525					and" 1997 Sylvester			*** "First Cow"					(10:05) "Burden" 20	110 Droma O		