SUNDAY AFTERNOON 8/1/21

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	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30
KATU (ABC)		2				World of X Games (N)		World of X Games (N)		Relief from inflammation	Sea Rescue 'G' (DVS)	Hearts of Heroes 'G' (DVS)	Free Enterprise (N) 'G'	Cooking to the MAXX	Sharyl Attkisson	KATU News at 5 (N) (Live)	ABC World News
KTVZ (NBC)	5	5	5	21	21	(9:45) 2020 Tokyo Olympics Volleyball, BMX, Weightlifting, Fencing, Tennis, Gymnastics Men's volleyball (U.S. vs. Argentina); BMX freestyle; weightlifting; fencing; tennis; gymnastics. (N)						Outdoorsman/ Buck McNeely	NBC Nightly News - Holt	2020 Tokyo Olympics Diving, Beach Volleyball, Gymnastics, Track and Field (N) (Live)			
KBNZ (CBS)	6	6	6	7	7	(11:00) CrossFit Games From Madison, Wis. (N) (Live)		Major League Rugby Championship: Teams TBA (N) (Live)				Raw Travel 'PG'	More Than the Music 'G'	HouseSmarts 'G'	Access Hollywood 'PG'	Inside Edition Weekend 'PG'	CBS Weekend News (N)
KOHD (ABC)	9	9	9	51	9	World of X Games (N)		World of X Games (N)		To Be Announced		Entertainment Tonight (N)		Judge Judy 'PG'	Judge Judy 'PG'	Greta Van Susteren	ABC World News
KFXO (FOX)	10			39	39	The American Athlete 'PG'	PBC Fight Camp (N)	NHRA Drag Racing Lucas Oil Winternationals From Auto Club Raceway at Pomona in Pomona, Calif. (N) (Live)						Paid Program 'G'	Modern Family 'PG'	RightThisMinute (N)	Funny You Should Ask 'PG'
KPDX (MNT)		13	13			NWSL Soccer Kansas City at Portland Thorns FC From Providence Park in Portland, Ore. (N) (Live)				Thorns Post-Game Show	The Immortals	Paid Program 'G'	Think Big A wind turbine blade. 'G'	Animal Rescue (EI) 'G'	Dog Tales (EI) 'G'	2 Broke Girls '14'	2 Broke Girls '14'
KOAB (PBS)	7	3	3	3	11	Icon: Music Through the Lens On the Record '14'		Great Performances Scarlatti's Spanish influences. 'G'		Bird: Not Out of Nowhere 'PG'		Focus on Europe 'G'	GZERO World With Ian Bre	To the Contrary With Bonnie	Washington Week	Firing Line With Margaret Hoover	PBS NewsHour Weekend (N)
KGW (NBC)		8				(9:45) 2020 Tokyo Olympics Volleyball, BMX, Weightlifting, Fencing, Tennis, Gymnastics Men's volleyball (U.S. vs. Argentina); BMX freestyle; weightlifting; fencing; tennis; gymnastics. (N)						Earth Odyssey With Dylan	NBC Nightly News - Holt	2020 Tokyo Olympics Diving, Beach Volleyball, Gymnastics, Track and Field (N) (Live)			
KTVZDT2 (CW)	12	7	7	22	12	Paid Program 'G'	Paid Program 'G'	Made in Hollywood Now 'PG'	Paid Program 'G'	★★ *"No Small Affair"* (1984, Romance-Comedy) Jon Cryer, Demi Moore. A teenager has a crush on an older woman of 20.				black-ish 'PG' (DVS)	black-ish I'm a Survivor '14'	The Goldbergs 'PG'	The Goldbergs The Kremps 'PG'
OPBPL	175					VOCES on PBS 'PG'		History With	Icon: Music Through the Lens '14'		Seat-Table	Operation Maneater 'PG'		Operation Wild 'PG'		Burt Wolf	Steves' Europe

BASIC CABLE CHANNELS

*A&E	130	44	44	265	118	Kids Behind Bars: Life or Parole Aaron '14'		Kids Behind Bars: Life or Parole Curtis '14'		Kids Behind Bars: Life or Parole James '14'		Kids Behind Bars: Life or Parole Bobby '14'		Kids Behind Bars: Life or Parole Ronald Teens seek retaliation. '14'		Accused: Guilty or Innocent? A car crash kills a father. '14'	
*AMC	102	50	50	254	113	(10:30) ★★★ *"Erin Brockovich"* (2000, Drama) Julia Roberts, Albert Finney, Aaron Eckhart.			★★ *"Sixteen Candles"* (1984, Comedy) Molly Ringwald, Anthony Michael Hall. A teenager's parents forget her birthday.				★ *"Grown Ups"* (2010, Comedy) Adam Sandler, Kevin James. Five friends learn that age and maturity do not, necessarily, coincide.				★ *"Grown Ups 2"* (2013)
*ANPL	68	48	48	282	184	North Woods Law 'PG'		North Woods Law 'PG'		North Woods Law 'PG'		North Woods Law 'PG'		North Woods Law 'PG'		North Woods Law '14'	
BRAVO	137	58	58	237	129	Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		The Real Housewives of Potomac	
CMT	190	80	80	327	166	★★ *"Overboard"* (1987, Comedy) Goldie Hawn, Kurt Russell, Edward Herrmann.					Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'	Mom '14'
CNBC	54	70	70	355	208	Shark Tank 'PG'		Shark Tank 'PG'		Shark Tank 'PG'		Shark Tank 'PG' (DVS)		Shark Tank 'PG' (DVS)		2020 Tokyo Olympics Fencing (N)	
CNN	55	67	67	202	200	CNN Newsroom		CNN Newsroom With Jim Acosta		CNN Newsroom With Jim Acosta		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown		History of the Sitcom	
COM	135	73	73	249	107	The Office 'PG'	The Office 'PG'	The Office 'PG'	★★★ *"Anchorman 2: The Legend Continues"* (2013) Will Ferrell, Steve Carell.					★★ *"We're the Millers"* (2013) Jennifer Aniston, Jason Sudeikis.			
COTV	11					The Dr. Nandi Show 'G'		CO Daily News		Coffee With	Sports Stars	The Dr. Nandi Show 'G'		Law and Crime Daily		Full Court Press	Coffee With
CSPAN	61	15	15	350	210	Washington This Week										Q & A	
*DIS	87	23	23	291	173	Gabby Duran	TBA	Bluey 'Y'	Bluey 'Y'	Ladybug & Cat	Ladybug & Cat	Big City Greens	Big City Greens	Big City Greens	Jessie 'G'	Jessie 'G'	Jessie 'G'
*DISC	156	43	43	278	182	Naked and Afraid: Gimme Shelter		Naked and Afraid: Gimme Shelter		Naked and Afraid: Gimme Shelter		Naked and Afraid: Gimme Shelter		Naked and Afraid: Gimme Shelter		Naked and Afraid: Gimme Shelter	
*E!	136			236	114	★★ *"50 First Dates"* (2004) Adam Sandler, Drew Barrymore.				★ *"What Happens in Vegas"* (2008) Cameron Diaz, Rob Corddry.				★★ *"50 First Dates"* (2004) Adam Sandler, Drew Barrymore.			
ESPN	21	28	28	206	140	The Basketball Tournament			ESPN Original Documentaries			Baseball: Sunday Night Countdown		MLB Baseball Boston Red Sox at Tampa Bay Rays (N) (Live)			
ESPN2	22	29	29	209	143	(11:00) 30 for 30	30 for 30				30 for 30				ESPN Films		F1 Racing
ESPNC	23	30	30	614		(11:00) College Football 'G'		College Football 'G'				College Football 'G'				College Football 'G'	
ESPNN	24	29	31	207	142	UFC Fight Night: Hall - Prelims		UFC Fight Night: Hall vs. Strickland						The Basketball Tournament First Semifinal: Teams TBA (N)			
FNC	57	65	65	360	205	Sunday Morning Futures		Fox News Live (N) (Live)		The Big Sunday Show (N)		Fox Report With Jon Scott (N)		Sunday Night in America With Trey		Life, Liberty & Levin (N)	
*FOOD	177	56	56	231	110	Trisha's Sou.	Trisha's Sou.	The Kitchen 'G'		BBQ Brawl Seafood Showdown 'G'		Guy's Grocery Games 'G'		Guy's Grocery Games 'G'		Guy's Grocery Games 'G'	
FREE	67	62	62	311	180	(11:00) ★★ *"Can't Hardly Wait"*		(1:05) ★ *"John Tucker Must Die"* (2006) Jesse Metcalfe, Ashanti.				(3:10) ★ *"10 Things I Hate About You"* (1999) Heath Ledger.				(5:15) ★★★ *"Cinderella"* (2015)	
FX	131	46	46	248	136	*Mission: Imp. 3*	★★ *"Skyscraper"* (2018) Dwayne Johnson, Neve Campbell.				★★ *"Jurassic World"* (2015, Adventure) Chris Pratt, Bryce Dallas Howard.					*"Jurassic World: Fallen Kingdom"*	
HGTV	176	55	55	229	112	Fixer to Fabulous 'G'		Home Town 'G'		Home Town 'G'		Home Town Grand Style 'G'		Home Town 'G'		Home Town Fire and Water 'G'	
*HIST	155	76	76	269	120	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars 'PG' (DVS)		Counting Cars 'PG' (DVS)		Counting Cars 'PG' (DVS)		Counting Cars GTO Dreams 'PG'	
LIFE	138	59	59	292	108	*"Her Deadly Sugar Daddy"* (2020) Lorynn York, Aubrey Reynolds.				*"Unwanted Guest"* (2016) Kate Mansi, Beth Littleford. '14'				*"Nobody Will Believe You"* (2021) Jenna Rosenow, Emily Topper.			
MSNBC	59	69	69	356	209	Yasmin Vossoughian Reports (N)		Yasmin Vossoughian Reports (N)		PoliticsNation (N) (Live) 'G'		Voices-Alicia Menendez		Voices-Alicia Menendez		The Mehdi Hasan Show (N)	
MTV	192	81	81	331	160	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	25	300	171	The Loud House	The Loud House	The Loud House	The Loud House	The Loud House	The Loud House	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob
OWN	161	213		279	189	Super Soul Sunday 'PG'		Iyanla, Fix My Life '14'		Iyanla, Fix My Life '14'		Iyanla, Fix My Life '14'		Iyanla, Fix My Life Shay Johnson seeks to mend fences. '14'			
PAC12	47	33	33		406	Pac-12 Football	Pac-12 Football	Pac-12 Football	Pac-12 Football Media Day		Pac-12 Football	Pac-12 Football in 60		Pac-12 Football in 60		Pac-12 Football Media Day	
PARMT	132	75	75	241	241	Bar Rescue Driving Miss Tara 'PG'		Bar Rescue 'PG'		Bar Rescue 'PG'		Bar Rescue Antisocial Media 'PG'		Bar Rescue Muscle Madness 'PG'		Bar Rescue 'PG'	
SYFY	133	49	49	244	122	*"Curse of Chucky"* (2013, Horror) Fiona Dourif, A Martinez.				★ *"Seed of Chucky"* (2004) Jennifer Tilly, Voice of Brad Dourif.				★ *"Bride of Chucky"* (1998, Horror) Jennifer Tilly, Katherine Heigl.			
TBN	205	61	61	372	260	Dave and Kate	Hagee Ministries	Bethel-Heaven	Beyond Blessed	Michael Youssef	Kerry Shook	Your Move	Joyce Meyer	Ron Carpenter	Pastor Robert	Joel Osteen 'PG'	Turning Point
*TBS	16	41	41	247	139	(11:00) ★ *"Rush Hour 3"* (2007, Action) Jackie Chan. (DVS)		MLB Baseball						★★ *"Semi-Pro"* (2008, Comedy) Will Ferrell, Woody Harrelson. A '70s-era musician buys a basketball league's worst team. (DVS)			
TCM	101	51	51	256	132	(10:45) ★★ *"A Stolen Life"*	(12:45) ★★★ *"Pocketful of Miracles"* (1961, Comedy-Drama) Glenn Ford, Bette Davis, Hope Lange. A gangster helps a poor street vendor impress her daughter.					(3:15) ★★★ *"The Bride Came C.O.D."* (1941) James Cagney, Bette Davis. Texas tycoon pays pilot to fly daughter out of marriage.				★★★ *"Jezebel"* (1938, Drama) Bette Davis, Henry Fonda.	
*TLC	178	57	57	280	183	You, Me & My Ex '14'		You, Me & My Ex '14'		You, Me & My Ex '14'		You, Me & My Ex '14'		Darcey & Stacey '14'		Darcey & Stacey '14'	
*TNT	17	40	40	245	138	(10:45) ★★ *"Suicide Squad"* (2016) Will Smith. (DVS)		(1:15) ★★★ *"Shazam!"* (2019, Action) Zachary Levi, Mark Strong, Asher Angel. Shazam squares off against the evil Dr. Thaddeus Sivana. (DVS)					(3:45) ★★ *"Justice League"* (2017, Action) Ben Affleck, Henry Cavill, Gal Gadot. Batman, Wonder Woman and other heroes unite to battle evil. (DVS)				
*TOON	84			297	177	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	Wrld, Gumball	Victor-Valent.	Victor-Valent.	Teen Titans Go!	Teen Titans Go!	Teen Titans Go!	Teen Titans Go!
*TRAV	179	47	47	277	196	Fear the Woods 'PG'		Fear the Woods 'PG'		Fear the Woods 'PG'		Fear the Woods 'PG'		Fear the Woods 'PG'		Fear the Woods 'PG'	
TVLND	65	63	63	304	106	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
USA	15	45	45	242	105	(12:15) 2020 Tokyo Olympics Wrestling, Boxing (N)			2020 Tokyo Olympics Weightlifting		2020 Tokyo Olympics Tennis (N)					2020 Tokyo Olympics	
VH1	191	82	82	335	162	(11:00) ★★ *"Beauty Shop"* (2005)		(1:10) ★★ *"Barbershop"* (2002) Ice Cube. A barbershop owner considers selling his establishment.						(3:50) ★★★ *"Friday"* (1995, Comedy) Ice Cube, Chris Tucker.			

PREMIUM CABLE CHANNELS

FS1	35	35	35	219	150	Ath. Lacrosse	Horse Racing Saratoga Live (N) (Live) 'PG'						Motorcycle Race		Motorcycle Race		Gold Cup Day
FS2	34	324		618	397	Horse Race	The Great Brady Heist		2021 CONCACAF Gold Cup Semifinal: Teams TBA				Bringing It Home	Mexico Primera Division Soccer Santos Laguna vs Cruz Azul (N)			
FXM	104	225	120	258	384	★★ *"The Darkest Minds"* 2018 Amandla Stenberg. 'PG-13'				(2:05) ★★ *"The Predator"* 2018 Boyd Holbrook. 'R'				★★★ *"The Revenant"* 2015, Adventure Leonardo DiCaprio. 'R'			
GOLF	28	34	34	218	401	(11:00) Women's Golf U.S. Senior Open, Final Round (N) (Live)				2020 Tokyo Olympics Men's Golf, Final Round						Live From the Olympics (N)	
HALL	66	60	60	312	185	(11:00) *"Pearl in Paradise"* 'G'		*"Love and Sunshine"* (2019, Romance) Danica McKellar. 'G' (DVS)				*"You Had Me at Aloha"* (2021) Pascale Hutton, Kavan Smith. 'G'				*"A Summer Romance"* (2019) 'G'	
HBO	425	601	501	504	303	*"David Byrne's American Utopia"*		(1:01) ★ *"The Spirit"* 2008 Gabriel Macht. Premiere. 'PG-13'				(2:50) ★★ *"King Arthur: Legend of the Sword"* 2017 Charlie Hunnam.				Real Time With Bill Maher 'MA'	
IFC	105			564	133	(11:00) ★★ *"Star Trek: Nemesis"* 2002 'PG-13'			★★ *"RV"* 2006, Children's Robin Williams, Jeff Daniels. 'PG'				(3:45) ★★ *"Vacation"* 2015, Comedy Ed Helms, Christina Applegate. 'R'				
MAX	400	621	508	516	311	(10:58) ★★ *"The Four Feathers"*		(1:10) ★★ *"The Prophecy II"* 1998, Horror 'R'			(2:35) ★★★ *"Up in the Air"* 2009 George Clooney. 'R'				(4:25) *"Cake"* 2005 Heather Graham. 'R'		
NATGEO	157	77	77	276	186	Gordon Ramsay: Uncharted '14'		Gordon Ramsay: Uncharted '14'		Gordon Ramsay: Uncharted '14'		Gordon Ramsay: Uncharted '14'		Gordon Ramsay: Uncharted '14'		Gordon Ramsay: Uncharted '14'	
NBCSN	27	36	36	220	159	(10:30) 2020 Tokyo Olympics Equestrian (N)				2020 Tokyo Olympics		2020 Tokyo Olympics Men's Volleyball -- U.S. vs Argentina (N)				2020 Tokyo Olympics	
NTOON	89	204	115	302	178	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes	Casagrandes
OUTD	37	301	307	606	396	Gamekeepers	Dirt Trax TV 'G'	Major League Fishing Cups From Neenah, Wis.				Fishing	Jim Shockey's	Bowhunter TV	Live 2 Hunt With	Lee & Tiffany	Hunt Masters (N)
SHO	500			546	319	The Chi Cooley High 'MA'		The Chi Native Son 'MA'		The Chi 'MA'		The Chi 'MA'		The Chi Candyman 'MA'		The Chi ...Black Messiah 'MA'	
STARZ	300	631	408	526	361	(10:55) *"Get Him to the Greek"* 'R'		(12:47) *"Charlie's Angels"* 2019, Action Kristen Stewart. 'PG-13'				Blindspotting	(3:22) ★★ *"Daylight"* 1996, Action Sylvester Stallone. 'PG-13'				Meet the Browns
STZENC	106	641	401	536	341	(11:45) ★★★ *"Airplane!"* 1980 Robert Hays. 'PG'			(1:16) ★ *"Jury Duty"* 1995 Pauly Shore. 'PG-13'			(2:47) ★★★ *"Stir Crazy"* 1980 Gene Wilder. 'R'			(4:41) ★★★ *"Panic Room"* 2002 Jodie Foster. 'R'		
TMC	525			554	329	★★★ *"Cujo"* 1983, Horror Dee Wallace. 'R'			(1:35) ★★★ *"Changing Lanes"* 2002 Ben Affleck.			(3:15) ★★★ *"American Gangster"* 2007, Crime Drama Denzel Washington. Premiere. 'R'					
*WE	143	54	54	260	128	NCIS '14' (DVS)		NCIS '14' (DVS)		NCIS '14' (DVS)		NCIS '14' (DVS)		NCIS '14' (DVS)		NCIS '14' (DVS)	