

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				Women's College Gymnastics Alabama at Florida From Exactech Arena in Gainesville, Fla. (N) (Live) ℹ				Live Without Limits	Paid Program 'G' ℹ	MyDestination.TV 'G' ℹ	Paid Program 'G' ℹ	Game Time With Boomer Esiason	Sharyl Attkisson	KATU News at 5 (N) (Live) ℹ	ABC World News
KTVZ (NBC)	5	5	5	21	21	(11:30) Freestyle Skiing From Deer Valley Resort, Utah. ℹ	Figure Skating European Championships From Tondiraba Ice Hall in Tallinn, Estonia. (N) (Live) ℹ					Outdoorsman/Buck McNeely	Paid Program 'G' ℹ	NBC Nightly News - Holt	Football Night in America (N) '14'	(5:15) NFL Football TBA (N) (Live) ℹ	Wild Card: Teams
KBNZ (CBS)	6	6	6	7	7	PBR Bull Riding (N) ℹ	The NFL Today (N) ℹ		NFL Football Wild Card: Teams TBA (N) (Live) ℹ							Inside Edition Weekend 'PG'	CBS Weekend News (N) ℹ
KOHD (ABC)	9	9	9	51	9	Women's College Gymnastics Alabama at Florida From Exactech Arena in Gainesville, Fla. (N) (Live) ℹ				Paid Program 'G' ℹ	Paid Program 'G' ℹ	Entertainment Tonight (N) (Live) ℹ		Judge Judy ℹ 'PG' ℹ	Judge Judy ℹ 'PG' ℹ	Greta Van Susteren	ABC World News
KFXO (FOX)	10			69	69	Entertainers: With Byron Allen ℹ 'PG' ℹ	Paid Program 'G' ℹ	Paid Program 'G' ℹ		TMZ (N) ℹ 'PG' ℹ		Kickin' It: With Byron Allen ℹ 'PG' ℹ		Paid Program 'G' ℹ	Young Sheldon ℹ 'PG' ℹ	Modern Family ℹ 'PG' ℹ	Modern Family Proposal 'PG'
KPDx (MNT)		18				Animal Rescue ℹ (EI) 'G' ℹ	Dog Tales ℹ (EI) 'G' ℹ	Paid Program 'G' ℹ	Paid Program 'G' ℹ	Storm of Suspicion A late-winter thaw helps solve a murder. 'PG'		Bull Grey Areas Bull helps a therapist. ℹ '14' ℹ		Bull The Illusion of sues Bull. ℹ '14' ℹ	Control A celebrity	Bloodline Detectives The remains of two women are found. (N) 'PG'	
KOAB (PBS)	7	3	3	3	11	Stars on Stage From Westport Country Playhouse ℹ 'PG' ℹ	In Concert at the Hollywood Bowl 'G' ℹ			Great Performances Pianist Stewart Goodyear. ℹ 'G' ℹ		Focus on Europe 'G' ℹ	GZERO World With Ian Bre	To the Contrary With Bonnie	Washington Week ℹ ℹ	Firing Line With Margaret Hoover	PBS NewsHour (N) ℹ
KGW (NBC)		8				(11:30) Freestyle Skiing From Deer Valley Resort, Utah. ℹ	Figure Skating European Championships From Tondiraba Ice Hall in Tallinn, Estonia. (N) (Live) ℹ					Live Without Limits	Paid Program 'G' ℹ	Grand Crew '14' ℹ (DVS)	Football Night in America (N) '14'	(5:15) NFL Football TBA (N) (Live) ℹ	Wild Card: Teams
KTVZDT2 (CW)	12	7	7	22	12	Paid Program 'G' ℹ	Paid Program 'G' ℹ	Paid Program 'G' ℹ	black-ish ℹ 'PG' ℹ	★ "Did You Hear About the Morgans?" (2009, Comedy) Hugh Grant. Agents whisk two Manhattan murder witnesses away to Wyoming. ℹ				American Ninja Warrior Members of the military compete. 'PG' ℹ		Highway Thru Hell Wreck. Repeat. 'PG' ℹ	
OPBPL	175					Far Western	POV Shorts 'PG'	Betty White: First Lady		Oregon Exper	Whole Truth	Climate Change: Ade on the		Wild Alaska Live ℹ 'G' ℹ		Burt Wolf	Steves' Europe
BASIC CABLE CHANNELS																	
*A&E	130	44	44	265	118	"John Wick: Chapter 2" ℹ	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The King of Queens ℹ 'PG'	The First 48 A man is beaten to death in public. ℹ '14' ℹ		The First 48 Witness is shot before his court date. ℹ '14' ℹ	
*AMC	102	50	50	254	113	(11:26) ★★ "Kindergarten Cop" (1990, Comedy) Arnold Schwarzenegger. A two-fisted L.A. cop poses as a kindergarten teacher. ℹ				(1:56) ★★ "Deep Impact" (1998, Drama) collision course with Earth. ℹ		Robert Duvall, Tea Leoni, Elijah Wood. A		a large comet is on a	(4:26) ★★ ★★ "E.T. the Extra-Terrestrial" (1982, Children's) Henry Thomas, Dee Wallace. ℹ		
*ANPL	68	48	48	282	184	North Woods Law ℹ 'PG'		Lone Star Law ℹ '14'		Lone Star Law ℹ '14'		Lone Star Law ℹ '14'		Lone Star Law Stag Poaching '14'		Lone Star Law Garage Gator '14'	
BRAVO	137	58	58	237	129	Housewives/OC		Housewives/OC		The Real Housewives of Atlanta		The Real Housewives of Atlanta		The Real Housewives of Atlanta		The Real Housewives of Atlanta	
CMT	190	80	80	327	166	Mom '14' ℹ	Mom '14' ℹ	Mom '14' ℹ	Mom '14' ℹ	Mom Pilot '14'	Mom '14' ℹ	Mom '14' ℹ	Mom '14' ℹ	Reba 'PG' ℹ	Reba 'PG' ℹ	Reba 'PG' ℹ	Reba 'PG' ℹ
CNBC	54	70	70	355	208	European Champions Cup Rugby Northampton Saints vs Ulster (N)				Shark Tank ℹ 'PG' ℹ		Shark Tank ℹ 'PG' ℹ		Shark Tank ℹ 'PG' ℹ (DVS)		Shark Tank ℹ 'PG' ℹ (DVS)	
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		CNN Newsroom-Pamela Brown	
COM	135	73	73	249	107	The Office '14'	The Office '14'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office 'PG'	The Office '14'	The Office '14'
COTV	11					The Dr. Nandi Show ℹ 'G' ℹ		CO Daily News		Coffee With	Sports Stars	The Dr. Nandi Show ℹ 'G' ℹ		Law and Crime Daily		Full Court Press	Coffee With
CSPAN	61	15	15	350	210	Washington This Week ℹ											Q & A ℹ
*DIS	87	23	23	291	173	Ladybug & Cat	Big City Greens	Big City Greens	Big City Greens	Amphibia 'Y7'	Amphibia 'Y7'	Molly McGee	Molly McGee	Miraculous New York-Heroez		Miraculous World: Lady Dragon	
*DISC	156	43	43	278	182	Mysteries of the Abandoned 'PG'		Mysteries of the Abandoned 'PG'		Mysteries of the Abandoned 'PG'		Mysteries of the Abandoned 'PG'		Dirty Jobs Cave Digger '14' ℹ		Dirty Jobs Diaper Cleaner ℹ 'PG'	
*EI	136			236	114	★ "How to Lose a Guy in 10 Days"	★★★ "Trainwreck" (2015, Romance-Comedy) Amy Schumer, Bill Hader. ℹ (DVS)			★★ "How to Lose a Guy in 10 Days" (2003) Kate Hudson, Matthew McConaughey. ℹ							
ESPN	21	28	28	206	140	Women's College Basketball Kentucky at Tennessee (N) (Live)				Women's College Basketball Michigan at Maryland (N) (Live)				2022 Australian Open Tennis First Round (N) (Live)			
ESPN2	22	29	29	209	143	TBA	Women's College Basketball South Carolina at Arkansas (N) (Live)			To Be Announced				High School Basketball			Basketball
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	2021 AKC Premier Cup				World of X Games		World of X Games		World of X Games		Boxing	
FNC	57	65	65	360	205	Sunday Morning Futures		Fox News Live (N) (Live) ℹ		The Big Sunday Show (N) ℹ		Fox Report With Jon Scott (N)		Sunday Night in America With Trey		Life, Liberty & Levin (N) ℹ	
*FOOD	177	56	56	231	110	Delicious Miss	Delicious Miss	The Kitchen Bottomless Brunch 'G'		Guy's Chance of a Lifetime 'G'		Guy's Grocery Games 'G' ℹ		Guy's Grocery Games 'G' ℹ		Guy's Grocery Games 'G' ℹ	
FREE	67	62	62	311	180	(11:30) ★★ "We Are Marshall" (2006, Drama) Matthew McConaughey, Matthew Fox. ℹ				★★ "Invincible" (2006) Mark Wahlberg. Premiere. The story of football's Vince Papale.						★★★ "Remember the Titans"	
FX	131	46	46	248	136	★★ "Any Given Sunday" (1999) Al Pacino. A football coach copes with crises on and off the field. ℹ						★★ "Draft Day" (2014, Drama) Kevin Costner, Jennifer Garner, Denis Leary. ℹ				Longest Yard	
HGTV	176	55	55	229	112	Love It or List It 'PG' ℹ		Home Town 'G' ℹ		Home Town 'G' ℹ		Home Town 'G' ℹ		Home Town The Cafe House 'G'		Home Town 'G' ℹ	
*HIST	155	76	76	269	120	Modern Marvels ℹ 'PG' ℹ		Modern Marvels Deliver It ℹ 'PG'		Modern Marvels Steam power. 'PG'		Modern Marvels ℹ 'PG' ℹ		Modern Marvels ℹ 'PG' ℹ		Modern Marvels Shoes 'PG' ℹ	
LIFE	138	59	59	252	108	(10:00) Twister	"Psycho Storm Chaser" (2021) Tara Erickson. ℹ			"Deadly Infidelity" (2022) Kate Watson, Anna Marie Dobbins. ℹ				"Safe Room" (2022, Suspense) Nicole Ari Parker, Nik Sanchez. ℹ			
MSNBC	59	69	69	356	209	Yasmin Vossoughian Reports (N)		Yasmin Vossoughian Reports (N)		PoliticsNation (N) (Live) 'G' ℹ		Voices-Alicia Menendez		Voices-Alicia Menendez		The Mehdi Hasan Show (N) ℹ	
MTV	192	81	81	331	160	(11:00) ★★ "Wedding Crashers" (2005) Owen Wilson. ℹ				★★ "Old School" (2003, Comedy) Luke Wilson, Will Ferrell. ℹ				Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	35	300	171	SpongeBob	SpongeBob	SpongeBob	SpongeBob	The Loud House	The Loud House	The Loud House ℹ 'Y7' ℹ		The Loud House	NFL Wild Card Game (N) ℹ		
OWN	161	213		279	189	Super Soul Sunday ℹ 'PG' ℹ		Love & Marriage: Huntsville ℹ '14'		Love & Marriage: Huntsville ℹ '14'		Love & Marriage: Huntsville ℹ '14'		Love & Marriage: Huntsville '14'		Love & Marriage: Huntsville '14'	
PAC12	47	33	33		406	Wm. Basketball	Basketball Rep.	Basketball Rep.	Basketball Rep.	Women's College Basketball Arizona at Oregon		Basketball Rep.		Basketball Rep.	Basketball Rep.	Pac-12 Football in 60 ℹ	
PARMT	132	75	75	241	241	NCIS Silent Night ℹ '14' ℹ		NCIS Women's prison riot. ℹ '14'		★★★ "Grease" (1978, Musical) John Travolta, Olivia Newton-John. ℹ				★★★ "A League of Their Own" (1992) Tom Hanks.			
SYFY	133	49	49	244	122	"Journey-Center of Earth"		★★ "Hotel Transylvania" (2012) Voices of Adam Sandler. ℹ				★★ "Hotel Transylvania 2" (2015) Voices of Adam Sandler. ℹ				"How to Train Your Dragon" (2010)	
TBN	205	61	61	372	260	Dave and Kate	Hage Ministries	Bethel-Heaven	Beyond Blessed	Michael Yousef	Kerry Shook	Your Move	Joyce Meyer	Ron Carpenter	Pastor Robert	Joel Osteen 'PG'	Turning Point
*TBS	16	41	41	247	139	★ "Bride Wars" (2009, Comedy) Kate Hudson, Anne Hathaway. Weddings scheduled the same day turn best friends into enemies. ℹ				★★ "50 First Dates" (2004) Adam Sandler, Drew Barrymore. A man falls for a woman who has short-term memory loss. ℹ (DVS)				★★ "Made of Honor" (2008, Romance-Comedy) Patrick Dempsey. Premiere. A man schemes to prevent his best friend's wedding. ℹ (DVS)			
TCM	101	51	51	256	132	(11:15) "That Uncertain Feeling"	(12:45) ★★ "All Fall Down" (1962, Drama) Warren Beatty, Eva Marie Saint, Brandon De Wilde. A reckless young man sparks tragedy. ℹ			(2:45) ★★ "East of Eden" (1955, Drama) James Dean, Julie Harris, Raymond Massey. Rebel Cal and twin Aron vie for their rigid father's love. ℹ						★★★ "The Barefoot Contessa" (1954) Humphrey Bogart. ℹ	
*TLC	178	57	57	280	183	My 600-Lb. Life Julian must overcome a food addiction. ℹ '14'				My 600-Lb. Life Nathan's weight gets in the way of work. ℹ 'PG'				1000-Lb. Sisters ℹ '14'		1000-Lb. Sisters ℹ '14'	
*TNT	17	40	40	245	138	(11:00) ★★ "Shaft" (2019, Action) Samuel L. Jackson. ℹ (DVS)		(1:15) ★★ "Man on Fire" (2004, Crime Drama) Denzel Washington, Dakota Fanning, Christopher Walken. A bodyguard takes revenge on a fire's kidnappers. ℹ (DVS)						★★★ "Creed" (2015, Drama) Michael B. Jordan, Sylvester Stallone. Rocky Balboa mentors Apollo Creed's son. ℹ (DVS)			
*TOON	84			297	177	Wrld, Gumball	Wrld, Gumball	Craig of Creek	Craig of Creek	Craig of Creek	Craig of Creek	Teen Titans Go!	★★★ "Shazam!" (2019, Action) Zachary Levi, Mark Strong, Asher Angel. ℹ (DVS)				
*TRAV	179	47	47	277	196	Paranormal Caught on Camera		Paranormal Caught on Camera '14'		Paranormal Caught on Camera		Paranormal Caught on Camera '14'		Paranormal Caught on Camera		Paranormal Caught on Camera	
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	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	
VH1	191	82	82	335	162	Cheaters ℹ '14'	Cheaters ℹ '14'	Cheaters ℹ '14'	Cheaters ℹ '14'	Cheaters ℹ '14'	Cheaters ℹ '14'	★ "Big Momma's House 2" (2006, Comedy) Martin Lawrence, Nia Long. ℹ					Madea Family
PREMIUM CABLE CHANNELS																	
FS1	35	35	35	219	150	(11:30) Horse Racing America's Day at the Races (N) (Live) 'PG' ℹ						PBC Collection From Oct. 14, 2017. ℹ		PBC Collection Lopez vs. Cruz		PBC Collection	
FS2	34	324		618	397	Motorcycle Race	NHRA in 30 'PG'	PokerStars Championship ℹ		PokerStars Championship ℹ		Roberto Clemente Professional Baseball League Semifinal: Teams TBA (N) (Live) ℹ					
FXM	104	225	120	258	384	★★★ "Only the Brave" 2017, Drama Josh Brolin, Miles Teller, Jeff Bridges. 'PG-13' ℹ				(2:45) ★★ "The Expendables" 2010, Action Sylvester Stallone. 'R' ℹ				(4:40) ★★ "The Revenant" 2015 'R' ℹ			
GOLF	28	34	218	401		(10:30) PGA Tour Golf Sony Open in Hawaii, Third Round ℹ				Golf Central Pregame (N) 'G' ℹ		PGA Tour Golf Sony Open in Hawaii, Final Round (N) (Live) ℹ					
HALL	66	60	60	312	185	"The Wedding Veil" (2022, Romance) Lacey Chabert. 'G' ℹ (DVS)				"Her Pen Pal" (2021) Mallory Jansen, Joshua Sasse. 'G' ℹ (DVS)				"Snowkissed" (2021, Romance) Jen Lilley, Chris McNally. 'G' ℹ (DVS)			
HBO	425	601	501	504	303	(11:20) ★★ "Next" 2007 'PG-13'		(12:57) ★★ "Oblivion" 2013 Tom Cruise. ℹ 'PG-13' ℹ				(3:02) ★★ "Godzilla vs. Kong" 2021 Alexander Skarsgard. ℹ 'PG-13'				"The Hitman's Wife's Bodyguard"	
IFC	105			564	133	(10:15) ★★ "Casino" 1995, Crime Drama Robert De Niro. 'R' ℹ				(2:15) ★★ "Scarface" 1983, Crime Drama Al Pacino, Michelle Pfeiffer. A Cuban immigrant fights to the top of Miami's drug trade. 'R' ℹ							
MAX	400	621	508	516	311	Chasing Amy 'R'	(12:27) ★★ "Jay and Silent Bob Strike Back" 2001			(2:13) ★★ "Baggage Claim" 2013 Paula Patton. ℹ 'PG-13' ℹ				(3:51) ★★ "My Cousin Vinny" 1992, Comedy Joe Pesci. ℹ 'R' ℹ			
NATGEO	157	77	77	276	186	Life Below Zero '14' ℹ		Life Below Zero Open Wounds '14'				Life Below Zero 'PG' ℹ		Life Below Zero '14' ℹ		Life Below Zero (N) 'PG' ℹ	
NBCSN	27	36	36	220	159	(Off Air)											
NTOON	89	204	115	302	178	Alvinnn!!! and	Alvinnn!!! and	Alvinnn!!! and	Alvinnn!!! and	Alvinnn!!! and	Alvinnn!!! and	It's Pony ℹ 'Y7'	It's Pony ℹ 'Y7'	It's Pony ℹ 'Y7'	It's Pony ℹ 'Y7'	It's Pony ℹ 'Y7'	It's Pony ℹ 'Y7'
OUTD	37	307	307	606	396	Amer/Whittetail	Beyond the Hunt	Major League Fishing Cups Challenge Cup Elimination Round 3				Fishing	Jim Shockey's	McMillan	Live 2 Hunt With	Lee & Tiffany	Hunt Masters
SHO	500			546	319	Yellowjackets Bear Down ℹ 'MA'		Yellowjackets Blood Hive ℹ 'MA'		Yellowjackets Saints 'MA' ℹ		Yellowjackets No Compass 'MA'		Yellowjackets ℹ 'MA' ℹ		Yellowjackets Doomcoming 'MA'	
STARZ	300	631	408	526	361	(11:27) ★★ "Narc" 2002 Ray Liotta. ℹ 'R' ℹ		(1:16) ★★ "John Carpenter's Vampires" 1998 'R'				(3:07) "The Birthday Cake" 2021 Shiloh Fernandez.			(4:43) ★★ "White House Down" 2013 'PG-13' ℹ		
STZNC	106	641	401	536	341	(12:10) ★★ "The Abyss" 1989, Science Fiction Ed Harris. ℹ 'PG-13' ℹ				(2:34) ★★ "Thunderheart" 1992, Mystery Val Kilmer. 'R' ℹ				(4:37) ★★ "There's Something About Mary" 1998			
TMC	525			554	329	(11:00) ★★ "The Gentlemen" '											