

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
KATU (ABC)		2				KATU News at 6 (N) (Live) (G)		America's Funniest Home Videos (N) (PG) (DVS)		Celebrity Wheel of Fortune Melissa Joan Hart; Tituss Burgess. (N) (PG)		Supermarket Sweep Contestants from Hawaii and California. (N) (PG)		The Rookie In the Line of Fire The team searches for a sniper. (N) (PG)		KATU News at 11 (N) (G)	(11:35) Oregon Outdoors (G) (G)
KTVZ (NBC)	5	5	5	21	21	(5:15) NFL Football Wild Card: Teams TBA (N) (Live) (G)					Whacked Out Sports (N) (PG)	Family Feud (N) (PG) (G)	Family Feud (N) (PG) (G)	Dateline NBC (N) (G)		NewsChannel 21 at 11 (N) (G)	Paid Program (G) (G)
KBNZ (CBS)	6	6	6	7	7	CO Daily News (N)		To Be Announced		60 Minutes (N) (N) (G)		The Equalizer An untraceable group of bank robbers. (N) (PG)		S.W.A.T. Vagabundo Hondo reassesses his life. (N) (PG)		CO Daily News (N)	
KOHD (ABC)	9	9	9	51	9	Jeopardy! (N) (G) (G)	Wheel of Fortune (N) (G) (G)	America's Funniest Home Videos (N) (PG) (DVS)		Celebrity Wheel of Fortune Melissa Joan Hart; Tituss Burgess. (N) (PG)		Supermarket Sweep Contestants from Hawaii and California. (N) (PG)		The Rookie In the Line of Fire The team searches for a sniper. (N) (PG)		CO Daily News (N) (Live)	
KFXO (FOX)	10			69	69	NewsChannel 21 on FOX Sunday	Young Sheldon (N) (PG)	The Simpsons Lisa's Belly (PG)	Bob's Burgers (N) (PG)	The Simpsons Bart's in Jail (PG) (N) (PG)	The Great North (N) (PG)	Bob's Burgers (N) (PG)	Family Guy (N) (PG) (DVS)	News Channel 21 First on FOX	Two and a Half Men (N) (PG)	The Big Bang Theory (N) (PG)	The Big Bang Theory (N) (PG)
KPDx (MNT)	18	18				Mike & Molly (N) (PG)	Mike & Molly (N) (PG)	The Big Bang Theory (N) (PG)	The Big Bang Theory (N) (PG)	*** "Love Story" (1970, Romance) Ali MacGraw, Ryan O'Neal. An old-money Harvard man woos and weds a no-money music student.		All Creatures Great and Small on Masterpiece (N) (PG) (DVS)		Life Change Church	Paid Program (G) (G)	Weather Gone Viral Weather Wipeouts Weather wipeouts. (G)	
KOAB (PBS)	7	3	3	3	11	Oregon Art Beat (N) (G) (G)	Outdoor Idaho (N) (PG)	Legacy List With Matt Paxton Bye, Bye Big Apple (N) (G) (G)		Around the World in 80 Days on Masterpiece (N) (PG) (DVS)		All Creatures Great and Small on Masterpiece (N) (PG) (DVS)		Vienna Blood Investigating the death of the countess. (N) (PG)		Line of Separation The Russians take control. (N) (PG)	
KGW (NBC)		3				(5:15) NFL Football Wild Card: Teams TBA (N) (Live) (G)				To Be Announced		Sports Sunday (N) (G)	Straight Talk (G)	Dateline NBC (N) (G)		KGW News at 11 (N) (G)	(11:35) Sports Sunday (G)
KTVZD2 (CW)	12	7	7	22	12	Bob's Burgers (N) (PG)	Family Guy The Finer Strings (N) (PG)	MacGyver Mac follows thieves of lethal nerve gas. (N) (PG)		Legends of the Hidden Temple (N) (PG) (G)		Two Sentence Horror Stories	Two Sentence Horror Stories	The Goldbergs (N) (PG)	** "Life of a King" (2013, Drama) Cuba Gooding Jr., Malcolm Mays, Richard T. Jones. (G)		Cuba Gooding Jr., Malcolm Mays, Richard T. Jones. (G)
OPBPL	175					Secrets of the Dead (N) (PG) (G)		Prehistoric Road Trip (N) (G) (G)		First Peoples Europe (PG) (G)		NOVA (N) (PG) (G) (DVS)		The Roosevelts: An Intimate History		Roosevelt's New Deal (PG)	
BASIC CABLE CHANNELS																	
*A&E	130	44	44	265	118	The First 48 Attempted carjacking; home invasion. (N) (PG) (G)		The First 48 Shattered A dead man discovered on broken glass. (N) (PG)		The First 48 Man is gunned down at apartment complex. (N) (PG)		The First 48 Chain of Death A woman and her friend are gunned down. (N) (PG)				(11:04) The First 48 A young man shot to death at a party. (N) (PG)	
*AMC	102	50	50	254	113	(4:26) *** "E.T. the Extra-Terrestrial" (1982) Henry Thomas.		*** "Beetlejuice" (1988, Comedy) Michael Keaton, Alec Baldwin. Two ghosts try to scare away their home's new tenants. (G)		*** "Batman" (1989, Action) Jack Nicholson, Michael Keaton, Kim Basinger. The Joker. (G)		*** "Batman" (1989, Action) Jack Nicholson, Michael Keaton, Kim Basinger. The Joker. (G)				Caped Crusader vows to rid Gotham City of the Joker. (G)	
*ANPL	68	48	48	282	184	Lone Star Law (N) (PG)		Lone Star Law Wet and Wild (N) (PG)		Lone Star Law: Uncuffed A suspect runs a constable off the road. (N) (PG)		(10:01) Lone Star Law (N) (PG)				(11:01) Lone Star Law (N) (PG)	
BRAVO	137	58	58	237	129	The Real Housewives of Atlanta		The Real Housewives of Atlanta		The Real Housewives of Atlanta		The Real Housewives of Salt Lake City (N) (PG)		The Golden Girls (N) (PG)	Grand Crew (N) (PG)	Grand Crew (N) (PG)	Housewives
CMT	190	80	80	327	166	Reba (PG) (G)	Reba (PG) (G)	Reba (PG) (G)	Reba (PG) (G)	Reba (PG) (G)	Reba (PG) (G)	The Golden Girls (N) (PG)	The Golden Girls (N) (PG)	The Golden Girls (N) (PG)	The Golden Girls (N) (PG)	The Golden Girls (N) (PG)	The Golden Girls
CNBC	54	70	70	355	208	Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		Paid Program (G)	Paid Program (G)
CNN	55	67	67	202	200	CNN Special Program (G)		CNN Special Program (G)		The Sixties (PG) (G)		CNN Special Program (G)		CNN Special Program (G)		CNN Newsroom Live (N) (G)	
COM	135	73	73	249	107	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	Seinfeld (N) (PG)	*** "The Other Guys" (2010)	
COTV	11					CO Daily News		Journey Church Service		Frontier Unlim. (N) (PG)	The Music	The Dr. Nandi Show (N) (PG)	Law and Crime Daily			CO Daily News	
CSPAN	61	15	15	350	210	Prime Minister (N) (PG)	(6:40) Public Affairs Events (N) (G)			Q & A (N) (PG)		Prime Minister (N) (PG)	(9:40) Public Affairs Events (N) (G)				
*DIS	87	23	23	291	173	Big City Greens	Big City Greens	** "UglyDolls" (2019) Voices of Kelly Clarkson. (N) (PG)		Secrets-Sulphur (N) (PG)		Secrets-Sulphur (N) (PG)	Jessie (N) (PG)	Jessie (N) (PG)	Jessie (N) (PG)	Big City Greens	Big City Greens
*DISL	156	43	43	278	182	Dirty Jobs Mule Logger (N) (PG)		Dirty Jobs (N) (PG) (G)		Dirty Jobs (N) (PG) (G)		(9:01) This Came Out of Me (N) (PG)	Mysteries of the Abandoned (PG)	Mysteries of the Abandoned (PG)	Mysteries of the Abandoned (PG)	Mysteries of the Abandoned (PG)	Mysteries of the Abandoned (PG)
*EI	136			236	114	*** "Knives Out" (2019, Mystery) Daniel Craig. A detective questions a dead writer's dysfunctional family.						Modern Family (N) (PG)	Modern Family (N) (PG)	Modern Family (N) (PG)	Modern Family (N) (PG)	Modern Family (N) (PG)	Modern Family
ESPN	21	28	28	206	140	(4:00) 2022 Australian Open Tennis First Round (N) (Live)				SportsCenter With Scott Van Pelt		NFL Rewind (N) (Live)		SportsCenter (N) (Live) (G)		NFL Rewind	
ESPN2	22	29	29	209	143	High School Basketball		UFC Archival		World of X Games		SportsCenter (N) (Live) (G)		E60 Presents: A Love Story		UFC Archival	SportsCenter
ESPNC	23	30	30	614		(5:00) College Football (G)		College Football (G)				College Football (G)				College Football (G)	
ESPNN	24	29	31	207	142	Boxing		E60		E60 Presents: Bonds		World of X Games		World of X	World of X	World of X	World of X
FNC	57	65	65	360	205	The Next Revolution With		Sunday Night in America With Trey		Life, Liberty & Levin (G)		The Next Revolution With		Sunday Night in America With Trey		FOX News Sunday (N) (G)	
*FOOD	177	56	56	231	110	Guy's Grocery Games (G) (G)		Guy's Grocery Games (G) (G)		Guy's Grocery Games (G) (G)		Guy's Chance of a Lifetime (N) (G)		Alex vs America Alex vs Spicy (G)		Beat Bobby Flay	Beat Bobby Flay
FREE	67	62	62	311	180	(5:00) *** "Remember the Titans" (2000) (G)		*** "The Blind Side" (2009) Sandra Bullock. A well-to-do white couple adopts a homeless black teen. (G)						*** "The Blind Side" (2009) Sandra Bullock. (G)			
FX	131	46	46	248	136	(5:30) ** "The Longest Yard" (2005, Comedy) Adam Sandler. (N) (PG)		** "The Waterboy" (1998) Adam Sandler, Kathy Bates. (N) (PG)						** "The Longest Yard" (2005) Adam Sandler, Chris Rock. (N) (PG)			
HGTV	176	55	55	229	112	Home Town Family Values (G)		Home Town Grand Style (G) (G)		Home Town (N) (G) (G)		(9:01) Home Town (N) (G) (G)		(10:01) Home Town (G)		(11:01) Home Town (G) (G)	
*HIST	155	76	76	269	120	Modern Marvels Classic Toys (PG)		Modern Marvels (N) (PG) (G)		The Toys That Built America (PG)		(9:02) The Toys That Built America		The Toys That Built America (PG)		The Toys That Built America (PG)	
LIFE	138	59	59	252	108	"His Double Life" (2016) Emmanuelle Vaugier, Brian Krause. (N) (PG)		Voices-Alicia Menendez		"My Best Friend's Secret Life" (2022) René Ashton. Premiere. (G)		(10:03) "Left for Dead: The Ashley Reeves Story" (2021) Jennie Garth. (G)					
MSNBC	59	69	69	356	209	Ayman (N) (Live) (G)		Voices-Alicia Menendez		The Mehdi Hasan Show (N) (PG)		Ayman (N) (PG)		Dateline Heart of Darkness (N) (PG)		Dateline (N) (PG) (G)	
MTV	192	81	81	331	160	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness (N) (PG)	Ridiculousness
NICK	82	35	35	300	171	(4:30) NFL Wild Card Game (N) (N) (PG)		Warped! (N) (G)		That-Lay Law Friends (N) (PG)		Friends (N) (PG)	Friends (N) (PG)	Friends (N) (PG)	Friends (N) (PG)	Friends (N) (PG)	Friends (N) (PG)
OWN	161	213		279	189	Love & Marriage: Huntsville (N) (PG)		20/20 on OWN (N) (PG)		20/20 on OWN (N) (PG)		20/20 on OWN (N) (PG)	20/20 on OWN (N) (PG)	20/20 on OWN (N) (PG)	20/20 on OWN (N) (PG)	20/20 on OWN (N) (PG)	20/20 on OWN (N) (PG)
PAC12	47	33	33	406		College Basketball Oregon State at UCLA (G)		Women's College Basketball: SUN Devils at Beavers				Women's College Basketball Arizona at Oregon		College Basketball Oregon State at UCLA (G)			
PARMT	132	75	75	241	241	(4:30) "A League of Their Own" (N) (PG)		*** "Grease" (1978, Musical) John Travolta, Olivia Newton-John. (N) (PG)				*** "A League of Their Own" (1992) Tom Hanks, Geena Davis, Madonna. (N) (PG)					
SYFY	133	49	49	244	122	(5:00) "How to Train Your Dragon" (N) (PG)		*** "Shrek" (2001) Voices of Mike Myers, Eddie Murphy. (G)				*** "Shrek 2" (2004) Voices of Mike Myers, Eddie Murphy. (G)				(11:03) ** "Land of the Lost" (G)	
TBN	205	61	61	372	260	Huckabee (PG) (G)		Eric Metaxas Creflo Dollar (G)		Praise (G) (G)		Jordan Rubin: Multi Collagen				The Unholy	Father
*TBS	16	41	41	247	139	** "Maid in Manhattan" (2002) Jennifer Lopez, Ralph Fiennes. Premiere. A politician mistakes a hotel maid for a wealthy woman. (G)		*** "Bridesmaids" (2011, Comedy) Kristen Wiig, Maya Rudolph, Rose Byrne. A maid of honor's life unravels as the big day approaches. (G) (DVS)				** "Bride Wars" (2009, Comedy) Kate Hudson, Anne Hathaway, Kristen Johnston. (G)					
TCM	101	51	51	256	132	(5:00) *** "The Barefoot Contessa" (1954, Drama) Humphrey Bogart, Ava Gardner. (G)		*** "Two Weeks in Another Town" (1962, Drama) Kirk Douglas. A misguided actor finds happiness as an assistant producer. (G)				"Double Trouble" (1951) Premiere. (G)				"The 47 Ronin" (1941) Chôjirô Kawarasaki, Yoshizaburo Arashi. (G)	
*TLC	178	57	57	280	183	90 Day Fiancé: Before the 90 Days (N) (PG)		90 Day Fiancé: Before the 90 Days		Burns and Betrayals (N) (N) (PG)		(10:01) Sister Wives (N) (N) (PG)				90 Day Fiancé: Before the 90 Days	
*TNT	17	40	40	245	138	(4:00) *** "Creed II" (2018, Drama) Michael B. Jordan, Sylvester Stallone, Tessa Thompson. Boxer Adonis Johnson trains to fight Ivan Drago's son. (G) (DVS)				Claws Desna vows to destroy Uncle Daddy. (N) (MA) (DVS)		Claws Desna vows to destroy Uncle Daddy. (N) (MA) (DVS)				*** "Coach Carter" (2005, Drama) Samuel L. Jackson. (G)	
*TOON	84			297	177	*** "Back to the Future" (1985, Comedy) Michael J. Fox, Christopher Lloyd. (G)				Bob's Burgers		Futurama (N) (PG)	Futurama (N) (PG)	American Dad	American Dad	Rick and Morty	Rick and Morty
*TRAV	179	47	47	277	196	Paranormal Caught on Camera		Paranormal Caught on Camera (N) (PG)		Monsters Caught on Camera (PG)		Mountain Monsters (N) (PG)		Mountain Monsters (N) (PG)		Mountain Monsters (N) (PG)	Mountain Monsters (N) (PG)
TVLND	65	63	63	304	106	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	(8:45) Two and a Half Men (N) (PG)	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men
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	(5:30) * "Tyler Perry's A Madea Family Funeral" (2019) Tyler Perry. (G)				** "Big Momma's House" (2000, Comedy) Martin Lawrence, Nia Long. (N) (PG)				* "Big Momma's House 2" (2006) Martin Lawrence. (G)			
PREMIUM CABLE CHANNELS																	
FS1	35	35	35	219	150	PBC Collection	PBC Collection	Inside PBC	Inside PBC	College Basketball Butler at Villanova (G)		Inside Big East		College Basketball Teams TBA (G)			
FS2	34	324		618	397	Inside the Scrum	Take Us Home (PG) (G)		Take Us Home (PG) (G)	Take Us Home (PG) (G)		Take Us Home (PG) (G)		Take Us Home (PG) (G)		Take Us Home	
FXM	104	225	120	258	384	(4:40) *** "The Revenant" 2015 Leonardo DiCaprio. (R) (G)				(7:50) *** "The Revenant" 2015, Adventure Leonardo DiCaprio, Tom Hardy, Domhnall Gleeson. (R) (G)						*** "Upgrade" 2018 (R) (G)	
GOLF	28	34	218	401		PGA Golf		Golf Central (N) (Live) (G) (G)		PGA Tour Golf Sony Open in Hawaii, Final Round							
HALL	66	60	60	312	185	"The Perfect Pairing" (2022) Nazneen Contractor. (G) (DVS)				"Taking a Shot at Love" (2021) Alexa PenaVega. (G) (DVS)				"Bottled With Love" (2019, Romance) Bethany Joy Lenz. (G) (DVS)			
HBO	425	601	501	504	303	Hitman's Wife	(6:40) *** "The Suicide Squad" 2021, Action Margot Robbie, Idris Elba. (N) (R) (G)					Euphoria (N) (MA) (G)		Gemstones	Somebody	(11:05) Euphoria (N) (MA) (G)	
IFC	105			564	133	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond
MAX	400	621	508	516	311	(5:52) *** "Presumed Innocent" 1990 Harrison Ford. (N) (R) (G)				** "Underwater" 2020 Kristen Stewart. (N) (PG-13)		(9:36) ** "Disturbia" 2007, Suspense Shia LaBeouf. (N) (PG-13) (G)				(11:22) Swimfan	
NATGEO	157	77	77	276	186	The 80's: Decade/Made		The 80's: Decade/Made		The 80's: Decade/Made		The '80s: Top Ten (N) (PG)		The '80s: Top Ten (N) (PG)		The '80s: Top Ten (N) (PG)	
NBCSN	27	36	36	220	159	(Off Air)		(Off Air)									
NTOON	89	204	115	302	178	It's Pony (N) (PG)	It's Pony (N) (PG)	It's Pony (N) (PG)	It's Pony (N) (PG)	SpongeBob	SpongeBob	Kamp Koral	Patrick Star	SpongeBob	SpongeBob	SpongeBob	SpongeBob
OUTD	37	307	307	606	396	Realtree Outdoor	Bone Collector	Buckmasters (G)	Truth Hunting	Pat & Nicole	Addicted, Out.	Spirit of Wild	Drop Zone	McMillan	Live 2 Hunt With	Lee & Tiffany	Wardens
SHO	500			546	319	Dexter: New Blood (N) (MA) (G)		Your Honor Part Four (N) (PG)		(8:15) "Ray Donovan: The Movie" 2022 Liev Schreiber. (N) (NR) (G)				Yellowjackets (N) (MA) (G)		"Ray Donovan: The Movie" 2022	
STARZ	300	631	408	526	361	(4:43) ** "White House Down"		(6:58) Power Book II: Ghost (MA)		Power Book II: Ghost (N) (MA)		Run the World	Blindspotting (N)	(10:06) Power Book II: Ghost (MA)		(11:09) Power Book II: Ghost (MA)	
STZNC	106	641	401	536	341	About Mary	(6:40) *** "American Hustle" 2013, Crime Drama Christian Bale. (N) (R) (G)			*** "Maverick" 1994, Western Mel Gibson, Jodie Foster. (PG) (G)						(11:10) ** "3 Days to Kill" 2014	
TMC	525			554	329	(6:05) ** "The Gentlemen" 2020 Matthew McConaughey. (N) (R) (G)				** "21 Bridges" 2019 Chadwick Boseman. (R) (G)		(9:40) "No Man's Land" 2021, Western Frank Grillo. (N) (PG-13) (G)				(11:35) Becky (R)	
*WE	143	54	54	260	128	NCIS Royals and Loyals (PG) (G)		NCIS Dead Air (N) (PG)		NCIS Cracked (N) (PG)		NCIS Broken Arrow (N) (PG)		NCIS Enemies Foreign (N) (PG)		NCIS Enemies Domestic (N) (PG)	