

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)		Jeopardy! (N) (G)	Wheel of Fortune (N) (G)	** "Jumanji: The Next Level" (2019, Adventure) Dwayne Johnson, Kevin Hart, Jack Black. Premiere. Four friends re-enter the fantastical world of Jumanji. (N)				Abbott Elementary (N) (PG)		KATU News at 11 (N) (G)	(11:35) Jimmy Kimmel Live! '14'
KTVZ (NBC)	5	5	5	21	21	NewsChannel 21 at 6 (N) (G)	NewsChannel 21 at 6:30 (N) (G)	NewsChannel 21 at 7 (N) (G)	Family Feud (N) (PG)	Law & Order The Right Thing A notorious entertainer is murdered. '14'		Law & Order: Special Victims Unit Carisi tries Richard Wheatley. '14'		Law & Order: Organized Crime The Christmas Episode (N) '14'		NewsChannel 21 at 11 (N) (G)	Tonight Show-J. Fallon
KBNZ (CBS)	6	6	6	7	7	CO Daily News at 6pm (N)	CO Daily News at 6:30pm (N)	CO Daily News at 7pm (N)	CO Daily News at 7:30pm (N)	Young Sheldon (N) (PG)	(8:31) United States of AI (PG)	(9:01) Ghosts Farnsby & B (PG)	How We Roll (N) (PG)	Bull The Other Shoe Bull helps someone who prosecuted him. '14'		CO Daily News at 11pm (N)	Late Show-Colbert
KOHD (ABC)	9	9	9	51	9	Inside Edition (N) (PG)	ABC World News (N) (G)	Jeopardy! (N) (G)	Wheel of Fortune (N) (G)	** "Jumanji: The Next Level" (2019, Adventure) Dwayne Johnson, Kevin Hart, Jack Black. Premiere. Four friends re-enter the fantastical world of Jumanji. (N)				Abbott Elementary (N) (PG)		CO Daily News at 11pm	(11:35) Jimmy Kimmel Live! '14'
KFXO (FOX)	10			69	69	The Big Bang Theory (N) (PG)	Last Man Standing (PG)	You Bet Your Life (N) (G)	The Big Bang Theory (N) '14'	MasterChef A nutty mystery box challenge. (N) (PG)		(9:01) Call Me Kat (N) (N) '14'	(9:31) Welcome to Flatch (N) '14'	News Channel 21 First on FOX (N) (G)		TMZ (N) (PG)	Two and a Half Men '14'
KPDx (MNT)		18	18			Family Feud (N) (PG)	Family Feud (N) (PG)	The Big Bang Theory (N) (PG)	The Big Bang Theory (N) '14'	8 O'Clock News (N)		9 O'Clock News (N)		The Big Bang Theory (N) '14'	The Simpsons (N) '14'	Family Guy Nanny Goats '14'	Family Guy (N) '14'
KOAB (PBS)	7	3	3	3	11	A Craftsman's Legacy (G)	BBC World News Outside	PBS NewsHour (N) (G)		Oregon Art Beat Art in Astoria (G)	Oregon Field Guide (G)	Midsomer Murders (PG)		(9:45) Midsomer Murders A man is found dead at a brewery. (PG)	Unforgotten on Masterpiece (N) (DVS)		On Story On Creating Barry (PG)
KGW (NBC)		8				KGW News at 6: The Story (N)	KGW News at 6:30 (N)	The Good Stuff (N) (G)	Inside Edition (N) (PG)	Law & Order The Right Thing A notorious entertainer is murdered. '14'		Law & Order: Special Victims Unit Carisi tries Richard Wheatley. '14'		Law & Order: Organized Crime The Christmas Episode (N) '14'		KGW News at 11 (N) (G)	Tonight Show-J. Fallon
KTVZD2 (CW)	12	7	7	22	12	Nick Cannon Classic Jams Week Jenny McCarthy Wahlberg. (N) (PG)	Family Guy Nanny Goats '14'	Family Guy (N) '14'		Walker Boundaries Liam is confronted by the Davidsons. (N) (PG)		Legacies Hope commands Lizzie to do things. (N) '14'		The Goldbergs Baré (N) (PG)	The Goldbergs (N) (PG)	Bob's Burgers (N) (PG)	Bob's Burgers (N) (PG)
OPBPL	175					Milk Street	Lidia's Kitchen	America Revealed (N) (G)		NOVA (N) (G) (DVS)		NOVA (N) (G) (DVS)		Amanpour and Company (N) (G)		Global 3000 (G)	Variety Studio
BASIC CABLE CHANNELS																	
*A&E	130	44	44	265	118	The First 48 Bad Attitude; Strapped Stabbing victim in Dallas. '14' (G)		The First 48 Birthday Girl Gunmen open fire at a birthday party. '14'		The First 48 A murder victim's friends hide a secret. (N) '14' (G)		The First 48: Streets Are Talking Love Hate; A Soldier's Life (N) '14'		(10:02) Nightwatch Lifeline (N) (N) '14' (G)		(11:05) The First 48 A hip-hop promoter is gunned down. '14' (G)	
*AMC	102	50	50	254	113	(5:15) *** "Sicario" (2015, Suspense) Emily Blunt, Benicio Del Toro. A task force uses a Mexican cartel boss to capture another. (G)		Emily Blunt, Benicio Del Toro. A task force uses a Mexican cartel boss to capture another. (G)		*** "Twister" (1996, Action) Helen Hunt, Bill Paxton, Cary Elwes. Storm chasers race to test a new tornado-monitoring device. (G)		Bill Paxton, Cary Elwes. Storm chasers race to test a new tornado-monitoring device. (G)		** "Sixteen Candles" (1984, Comedy) Molly Ringwald. A teenager's parents forget her birthday. (G)			
*ANPL	68	48	48	282	184	Deadliest Catch Beastmode (PG)		Deadliest Catch (N) (PG)		Deadliest Catch The Saga is in danger of sinking. (N) (PG)				Deadliest Catch Carpe Diem Sean Dwyer and his father's legacy. (PG)			
BRAVO	137	58	58	237	129	Million Dollar Listing Los Angeles		Top Chef (PG)		Top Chef Restaurant Wars (N) (PG)		Watch What		(9:45) Top Chef Family Style Spine Tingling Treats (N)		(10:46) *** "Die Hard" (1988)	
CMT	190	80	80	327	166	Last-Standing		Last-Standing		Last-Standing		Mom '14' (G)		Mom '14' (G)		Mom '14' (G)	
CNBC	54	70	70	355	208	Shark Tank (N) (PG)		Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG)		The News With Shepard Smith		Super Heists (PG)		Dateline Miles From Nowhere (PG)	
CNN	55	67	67	202	200	CNN Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		CNN Newsroom Live (N)		CNN Newsroom Live (N)		CNN Newsroom Live (N)	
COM	135	73	73	249	107	The Office (PG)		(6:35) The Office		(7:10) The Office		(7:45) The Office		Lotto (PG)		(8:20) The Office	
COTV	11					CO Daily News		CO Daily News		CO Daily News		CO Daily News		CO Daily News		CO Daily News	
CSPAN	61	15	15	350	210	Politics and Public Policy Today (G)								Politics and Public Policy Today (G)			
*DIS	87	23	23	291	173	Ladybug & Cat		Ladybug & Cat		Big City Greens		Big City Greens		Jessie (G)		Jessie (G)	
*DISC	156	43	43	278	182	Mysteries of the Abandoned (PG)		Mysteries of the Abandoned (PG)		Mysteries of the Abandoned Luxurious		resort outpost. (N) (PG)		Mysteries of the Abandoned (PG)		Mysteries of the Abandoned (PG)	
*E!	136			236	114	Modern Family		Modern Family		Modern Family		Modern Family		Modern Family		Modern Family	
ESPN	21	28	28	206	140	NHL Hockey: Maple Leafs at Lightning				SportsCenter With Scott Van Pelt (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	22	29	29	209	143	College Softball		NFL Live (G)		30 for 30		Welcome/NFL		Around the Horn		Interruption	
ESPN3	23	30	30	614		(Off Air)		(Off Air)									
ESPN4	24	29	31	207	142	Jalen & Jacoby		Around the Horn		Interruption		Jalen & Jacoby		Around the Horn		Interruption	
FNC	57	65	65	360	205	Hannity (N) (Live)		The Ingraham Angle (N) (G)		Gutfeld! (N) (G)		Fox News at Night With Shannon		Tucker Carlson Tonight (G)		Hannity (G)	
*FOOD	177	56	56	231	110	Beat Bobby Flay		Beat Bobby Flay		Beat Bobby Flay		Beat Bobby Flay		Beat Bobby Flay		Chef Boot Camp (N) (G)	
FREE	67	62	62	311	180	The Office '14'		The Office '14'		The Office '14'		The Office '14'		The Office '14'		The Office '14'	
FX	131	46	46	248	136	"Capt. America: Winter"		** "The Fate of the Furious" (2017) Vin Diesel. A mysterious woman forces Dom to betray the crew. (N)		Atlanta (N) (MA)		(10:44) Atlanta White Fashion (MA)		(11:28) Atlanta			
HGTV	176	55	55	229	112	Flip or Flop (G)		Flip or Flop (G)		Flip or Flop (G)		Flip or Flop (G)		Windy City Rehab (N) (G)		House Hunters	
*HIST	155	76	76	269	120	Swamp People (PG) (DVS)		Swamp People Captain Pickle (PG)		Swamp People (PG) (DVS)		Swamp People Full Moon Mayhem (N) (N) (PG)		(10:35) Swamp People Captain Pickle (N) (PG)			
LIFE	138	59	59	252	108	The Mentalist (N) '14'		The Mentalist Bleeding Heart '14'		The Mentalist Redline '14'		The Mentalist (N) '14'		(10:03) The Mentalist (N) '14'		(11:03) The Mentalist (N) '14'	
MSNBC	59	69	69	356	209	The Rachel Maddow Show (N)		The Last Word With		The 11th Hour-Stephanie		The Rachel Maddow Show (G)		The Last Word With		The 11th Hour-Stephanie	
MTV	192	81	81	331	160	Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness		Ex on the Beach (N) (N) '14'		Siesta Key Stop Videotaping (PG)	
NICK	82	35	35	300	171	(5:00) *** "Despicable Me" (N)		Side Hustle (G)		OddParents		SpongeBob		SpongeBob		*** "Shrek 2" (2004) Voices of Mike Myers, Eddie Murphy. (G)	
OWN	161	213		279	189	20/20 on OWN Presents: Homicide		20/20 on OWN Tragedy on TV '14'		48 Hours: Hard Evidence (N) '14'		20/20 on OWN (N) '14'		20/20 on OWN (N) '14'		20/20 on OWN (N) '14'	
PAC12	47	33	33	406		College Baseball Oregon at Washington		From Husky Ballpark in Seattle.		College Baseball Oregon at Washington (G)				College Baseball (G)			
PARMT	132	75	75	241	241	Two/Half Men		Two/Half Men		Two/Half Men		Two/Half Men		** "50 First Dates" (2004) Adam Sandler, Drew Barrymore. (N) (G)		*** "Dirty Dancing" (1987) Jennifer Grey, Patrick Swayze. (N) (G)	
SYFY	133	49	49	244	122	(4:30) Priest (G)		** "The A-Team" (2010, Action) Liam Neeson, Bradley Cooper, Jessica Biel.				*** "Signs" (2002) Mel Gibson. A widower investigates huge circles in his crop fields.				(11:25) ** Life	
TBN	205	61	61	372	260	Drive Thru His		The Watchman		Centerpoint		Praise (G) (G)		Joseph Prince Joel Osteen (PG)		Amazing Facts	
*TBS	16	41	41	247	139	The Big Bang Theory (N) (PG)		The Big Bang Theory (N) (PG)		The Big Bang Theory (N) (PG)		The Big Bang Theory (N) (PG)		Rat in the Kitchen The chefs are tied together. (N) '14' (DVS)		Full Frontal With Samantha Bee	
TCM	101	51	51	256	132	(5:00) *** "A Connecticut Yankee in King Arthur's Court" (1949)		** "Berkeley Square" (1933) Leslie Howard. A man steps into the past and into the body of his ancestor.		(8:45) *** "It Happened Tomorrow" (1944) Dick Powell. An ambitious reporter can see the newspaper headlines for the next day. (G)				** "Turn Back the Clock" (1933) Lee Tracy. A cigar-store owner dreams he is reliving his life. (G)			
*TLC	178	57	57	280	183	Unexpected Take That, Mom '14'		Unexpected Nursery Nonsense '14'		Dr. Pimple Popper (N) '14'		Dr. Pimple Popper (N) (N) '14'		Body Parts (N) '14'		Hoarding: Buried Alive (PG) (G)	
*TNT	17	40	40	245	138	NBA Basketball Memphis Grizzlies at Minnesota Timberwolves (N)		NBA Basketball Golden State Warriors at Denver Nuggets Western Conference First Round, Game 3.		Inside the NBA (N) (N) (Live)		NBA Basketball Memphis Grizzlies at Minnesota Timberwolves Western Conference First Round, Game 3.					
*TOON	84			297	177	Teen Titans Go!		Teen Titans Go!		Teen Titans Go!		Teen Titans Go!		King of the Hill		King of the Hill	
*TRAV	179	47	47	277	196	Paranormal Caught on Camera '14'		Paranormal Caught on Camera '14'		Paranormal Caught on Camera '14'		Paranormal Caught on Camera '14'		Paranormal Caught on Camera '14'		Paranormal Caught on Camera '14'	
TVLND	65	63	63	304	106	Andy Griffith		Andy Griffith		Andy Griffith		Love-Raymond		Love-Raymond		Love-Raymond	
USA	15	45	45	242	105	Law & Order: Special Victims Unit		9-1-1 Powerless (N) (N) '14'		9-1-1 What's Next? (N) (N) '14'		9-1-1 The New Abnormal (N) '14'		9-1-1 Alone Together (N) (N) '14'		*** "Copshop" (2021) (G)	
VH1	191	82	82	335	162	(4:00) ** "Twilight" (2008) (N)		** "The Twilight Saga: New Moon" (2009, Romance) Kristen Stewart, Robert Pattinson. (N) (G)						** "The Twilight Saga: Eclipse" (2010) Kristen Stewart. (N) (G)			
PREMIUM CABLE CHANNELS																	
FS1	35	35	35	219	150	WWE Friday Night SmackDown (N)		USFL Football Tampa Bay Bandits vs Pittsburgh Maulers From Protective Stadium in Birmingham, Ala. (G)						WWE Friday Night SmackDown (N) (PG)			
FS2	34	324		618	397	Greatest Races: NASCAR From April 17, 2011. (G)						Drag Racing		NHRA in 30 (PG)		TMZ Sports '14'	
FXM	104	225	120	258	384	(5:45) ** "The Expendables 3" 2014 Sylvester Stallone. (PG-13) (G)		(8:05) ** "The Expendables 2" 2012 Sylvester Stallone. (R) (G)						** "The Expendables 3" 2014 Sylvester Stallone. (PG-13) (G)			
GOLF	28	34	218	401		LPGA Golf		Golf Central (G)		PGA Tour Golf Zurich Classic of New Orleans, First Round (G)				Golf Central (G)		LPGA Tour Golf DIO Implant LA Open, First Round	
HALL	66	60	60	312	185	"Winter Love Story" (2019) Jen Lilley, Kevin McGarry. (G) (DVS)		"Love, Classified" (2022) Melora Hardin, Arianne Mandi. (G) (G)						The Golden Girls		The Golden Girls	
HBO	425	601	501	504	303	(5:00) "The Incredible Hulk" 2008		Winning Time: Lakers Dynasty		Winning Time: Lakers Dynasty		** "The Forever Purge" 2021 Ana de la Reguera.		Game Theory With		Bomani Jones	
IFC	105			564	133	3's Company		3's Company		Two/Half Men		Two/Half Men		Two/Half Men		Two/Half Men	
MAX	400	621	508	516	311	Darkness Falls		(6:16) ** "Reservation Road" 2007, Drama (R) (G)		*** "Reservoir Dogs" 1992 Harvey Keitel. (R) (G)		(9:40) *** "Blood Father" 2016 Mel Gibson. (R)				(11:10) ** "War" 2007 Jet Li. (R)	
NATGEO	157	77	77	276	186	Life Below Zero '14' (G)		Life Below Zero '14' (G)		Life Below Zero: Next Generation		Life Below Zero: Next Generation		Port Protection Alaska (N) (PG)			
NBATV				216	156	NBA Basketball Dallas Mavericks at Utah Jazz Western Conference First Round, Game 3.				NBA Postgame		Playoff Central		Playoff Central (N)		Playoff Central	
NTOON	89	204	115	302	178	Odd Parents		Odd Parents		The Smurfs 'Y7'		The Smurfs 'Y7'		Rugrats (N) 'Y7'		Kamp Koral	
OUTD	37	307	307	606	396	Territories Wild		Heartland Bow		Tracks, Africa		The One (N)		Hunting TV		Amer/Whitetail	
SHO	500			546	319	Support the Girls		(6:45) ** "Flashdance" 1983, Drama Jennifer Beals. (N) (R) (G)		(8:25) "Violet" 2021.		Drama Olivia Munn. (N) (NR) (G)				The First Lady That White House	
STARZ	300	631	408	526	361	* The Unholy		(6:43) *** "Spider-Man: Homecoming" 2017, Action Tom Holland. (N) (PG-13) (G)				*** "Thor: The Dark World" 2013 Chris Hemsworth. (N) (PG-13) (G)				(10:56) ** "Lawless" 2012 (R)	
STZNC	106	641	401	536	341	(5:24) *** "Working Girl" 1988 Melanie Griffith. (R)		(7:21) * "Ghost Rider: Spirit of Vengeance" 2011		*** "Steel Magnolias" 1989 Sally Field, Dolly Parton. (N) (PG)						(11:02) *** "Midsummer" 2020	
TMC	525			554	329	(5:50) ** "Jennifer Eight" 1992, Suspense Andy Garcia. (N) (R) (G)		*** "Hereditary" 2018, Horror Toni Collette, Alex Wolff. (N) (R) (G)				(10:10) *** "Pigskin" 2019, Horror Florence Pugh. (N) (R) (G)					
*WE	143	54	54	260	128	(5:46) Criminal Minds (N) '14' (G)		(6:46) Criminal Minds (N) '14' (G)		Marriage Boot Camp: Reality Stars		Marriage Boot Camp: Reality Stars		61st Street Pilot (MA) (G)		(11:02) Brat Loves Judy (N) '14'	