

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) 66		Jeopardy! (N) (PG)	Wheel of Fortune (N) (G)	The Goldbergs (N) (PG)	The Wonder Years (N) (PG)	Abbott Elementary (N) (PG)	(9:31) Home Economics (N) (PG)	A Million Little Things Eddie makes a surprising discovery. (N) (PG)	KATU News at 11 (N) 66	(11:35) Jimmy Kimmel Live! (N) 66	
KTVZ (NBC)	5	5	5	21	21	NewsChannel 21 at 6 (N) 66	NewsChannel 21 at 6:30 (N) 66	NewsChannel 21 at 7 (N) 66	Family Feud (N) (PG)	Chicago Med Choi tries a risky method on a patient. (N) (PG)		Chicago Fire Gallo clashes with a new lieutenant. (N) (PG)		Chicago P.D. Trust Me Voight builds trust with an informant. (N) (PG)	NewsChannel 21 at 11 (N) 66	Tonight Show-J. Fallon (N) 66	
KBNZ (CBS)	6	6	6	7	7	CO Daily News at 6pm (N) 66	CO Daily News at 6:30pm (N) 66	CO Daily News at 7pm (N) 66	CO Daily News at 7:30pm (N) 66	Survivor (N) (PG)		Beyond the Edge Hips Don't Lie (N) (PG)		Good Sam The Griffith Technique Lex confronts Griff. (N) (PG)	CO Daily News at 11pm (N) 66	Late Show-Colbert (N) 66	
KOHD (ABC)	9	9	9	51	51	Inside Edition (N) (PG)	ABC World News (N) 66	Jeopardy! (N) (PG)	Wheel of Fortune (N) (G)	The Goldbergs (N) (PG)	The Wonder Years (N) (PG)	Abbott Elementary (N) (PG)	(9:31) Home Economics (N) (PG)	A Million Little Things Eddie makes a surprising discovery. (N) (PG)	CO Daily News at 11pm (N) 66	(11:35) Jimmy Kimmel Live! (N) 66	
KFXO (FOX)	10			69	69	The Big Bang Theory (N) (PG)	Last Man Standing (N) (PG)	You Bet Your Life (N) 66	The Big Bang Theory (N) (PG)	The Masked Singer The singers from round three continue. (N) (PG)		(9:01) Domino Masters Teams create science-themed topples. (N) (PG)		News Channel 21 First on FOX (N) 66	TMZ (N) (PG)	Two and a Half Men (N) 66	
KPDx (MNT)		18				Family Feud (N) (PG)	Family Feud (N) (PG)	The Big Bang Theory (N) (PG)	The Big Bang Theory (N) (PG)	8 O'Clock News (N) 66		9 O'Clock News (N) 66		The Big Bang Theory (N) (PG)	Family Guy (N) (PG)	Family Guy (N) (PG)	
KOAB (PBS)	7	3	3	3	11	Home Diagnosis (N) (G)	BBC World News Outside (N) 66	PBS NewsHour (N) 66		Nature Wildlife and landscapes of Portugal. (N) (G) (DVS)		NOVA Can We Cool the Planet? Solutions to cool the planet. (N) (G)		Climate Change -- The Facts (N) (PG)	Breakthrough: The Ideas That Changed the World (N) (PG)		
KGW (NBC)		8				KGW News at 6: The Story (N) 66	KGW News at 6:30 (N) 66	The Good Stuff (N) 66	Inside Edition (N) (PG)	Chicago Med Choi tries a risky method on a patient. (N) (PG)		Chicago Fire Gallo clashes with a new lieutenant. (N) (PG)		Chicago P.D. Trust Me Voight builds trust with an informant. (N) (PG)	KGW News at 11 (N) 66	Tonight Show-J. Fallon (N) 66	
KTVZD2 (CW)	12	7	7	22	22	Nick Cannon Steve Valentine. (N) (PG)	Harvey; Justina (N) 66	Family Guy (N) (PG)	Family Guy (N) (PG)	The Flash Death Rises Cecille helps Barry track the killer. (N) (PG)		Kung Fu The Alchemist Nicky investigates a mysterious stone. (N) (PG)		The Goldbergs (N) (PG)	Bob's Burgers Art Crawl (N) (PG)	Bob's Burgers (N) (PG)	
OPBPL	175					Sara's (N) 66	New Chef (N) 66	Chasing Voices (N) (PG)		Theirs Is the Kingdom (N) (PG)		"Big Sonia" (2016) (N) 66		Amanpour and Company (N) 66	Reel South Quarantened (N) (PG)		
BASIC CABLE CHANNELS																	
*A&E	130	44	44	265	118	The First 48 Snatched A driver runs over a homeless man. (N) (PG)		The First 48 Two brothers are shot in Tulsa, Okla. (N) (PG)		The First 48 A Somali girl is executed in bed. (N) (PG)		The First 48 Taken A man and his fiancée are executed. (N) (PG)		(10:01) The First 48 A woman is found dead in a garbage can. (N) (PG)		(11:04) The First 48 A killer prowls the streets of Atlanta. (N) (PG)	
*AMC	102	50	50	254	113	(5:00) *** "American Sniper" (2014, War) Bradley Cooper, Sienna Miller. Navy SEAL Chris Kyle logs an incredible number of kills. 66				** "Midway" (2019, War) Ed Skrein, Patrick Wilson, Luke Evans. The U.S. Navy and fighter pilots battle Japanese forces. 66						*** "Fury" (2014, War) Brad Pitt, Shia LaBeouf. 66	
*ANPL	68	48	48	282	184	Jeremy Wade's Dark Waters (PG)		River Monsters (N) (PG)		River Monsters: Deadliest Man-Eaters (N) (PG)				River Monsters (N) (PG)		Creatures-Forrest Galante (N) 66	
BRAVO	137	58	58	237	129	Real Housewives/Beverly Hills (N) 66		Housewives/OC (N) 66		Housewives/OC (N) 66		Housewives/OC (N) 66		Watch What Happens (N) 66		Housewives (N) 66	
CMT	190	80	80	327	166	Last-Standing (N) 66		Last-Standing (N) 66		Last-Standing (N) 66		Last-Standing (N) 66		Mom (N) (PG)		Mom (N) (PG)	
CNBC	54	70	70	355	208	Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		Shark Tank (N) (PG) (DVS)		The News With Shepard Smith (N) 66		American Greed (N) (PG)		Dateline Heart of Darkness (N) (PG)	
CNN	55	67	67	202	200	CNN Tonight (N) (Live) 66		Don Lemon Tonight (N) (Live) 66		Don Lemon Tonight (N) (Live) 66		CNN Newsroom Live (N) 66		CNN Newsroom Live (N) 66		CNN Newsroom Live (N) 66	
COM	135	73	73	249	107	South Park (N) (PG)		South Park (N) (PG)		South Park (N) (PG)		South Park (N) (PG)		South Park (N) (PG)		The Daily Show (N) 66	
COTV	11					CO Daily News (N) 66		CO Daily News (N) 66		CO Daily News (N) 66		CO Daily News (N) 66		CO Daily News (N) 66		CO Daily News (N) 66	
CSPAN	61	15	15	350	210	Politics and Public Policy Today 66						Politics and Public Policy Today 66					
*DIS	87	23	23	291	173	Ladybug & Cat (N) 66		Big City Greens (N) 66		Big City Greens (N) 66		Raven's Home (N) (PG)		Big City Greens (N) 66		Ladybug & Cat (N) 66	
*DISC	156	43	43	278	182	Moonshiners: American Spirit (N) (PG)		Moonshiners: Outlaw Cuts (N) (PG)		Moonshiners Tim and Howard search for spruce beer. (N) (PG)		Moonshiners: Master Distiller (N) (PG)		Moonshiners: Master Distiller (N) (PG)		Moonshiners: Master Distiller (N) (PG)	
*E!	136			236	114	Modern Family (N) 66		Modern Family (N) 66		Modern Family (N) 66		Modern Family (N) 66		Modern Family (N) 66		Modern Family (N) 66	
ESPN	21	28	28	206	140	ESPN Films (N) 66				SportsCenter (N) (Live) 66		SportsCenter (N) (Live) 66		SportsCenter (N) (Live) 66		SportsCenter (N) (Live) 66	
ESPN2	22	29	29	209	143	SportsCenter (N) 66		Welcome/NFL (N) 66		SportsCenter Special (N) 66		Draft: Featured (N) 66		SportsCenter Special (N) 66		Welcome/NFL (N) 66	
ESPN3	23	30	30	614		(Off Air) (N) 66		(Off Air) (N) 66									
ESPN4	24	29	31	207	142	Jalen & Jacoby (N) 66		Around the Horn (N) 66		Interruption (N) 66		World of X Games (N) 66		Jalen & Jacoby (N) 66		Around the Horn (N) 66	
FNC	57	65	65	360	205	Hannity (N) (Live) 66		The Ingraham Angle (N) 66		Gutfeld! (N) 66		Fox News at Night With Shannon (N) 66		Tucker Carlson Tonight (N) 66		Hannity (N) 66	
*FOOD	177	56	56	231	110	Guy's Grocery Games (N) (PG)		Guy's Grocery Games (N) (PG)		Guy's Grocery Games (N) (PG)		Guy's Grocery Games (N) (PG)		Guy's Grocery Games (N) (PG)		Guy's Grocery Games (N) (PG)	
FREE	67	62	62	311	180	The Office (N) (PG)		The Office (N) (PG)		The Office (N) (PG)		The Office (N) (PG)		Good Trouble (N) (PG)		The 700 Club (N) 66	
FX	131	46	46	248	136	(5:30) ** "Bad Boys for Life" (2020, Action) Will Smith. (N) 66				** "Men in Black: International" (2019) Chris Hemsworth, Tessa Thompson. (N) 66				** "Men in Black: International" (2019) (N) 66			
HGTV	176	55	55	229	112	Why the Heck Did I Buy (N) 66		Why the Heck Did I Buy (N) 66		Why the Heck Did I Buy (N) 66		Why the Heck Did I Buy (N) 66		House Hunters (N) 66		House Hunters (N) 66	
*HIST	155	76	76	269	120	Forged in Fire (N) (PG) (DVS)		Forged in Fire (N) (PG) (DVS)		Forged in Fire (N) (PG) (DVS)		Forged in Fire (N) (PG) (DVS)		Forged in Fire (N) (PG) (DVS)		(11:03) Forged in Fire (N) (PG)	
LIFE	138	59	59	252	108	Rizzoli & Isles (N) (PG)		Rizzoli & Isles (N) (PG)		Married at First Sight Preparing for the final decision. (N) (PG)		(10:03) Married at First Sight The final two weddings. (N) (PG)				(11:03) Married at First Sight The final two weddings. (N) (PG)	
MSNBC	59	69	69	356	209	The Rachel Maddow Show (N) 66		The Last Word With (N) 66		The 11th Hour-Stephanie (N) 66		The Rachel Maddow Show (N) 66		The Last Word With (N) 66		The 11th Hour-Stephanie (N) 66	
MTV	192	81	81	331	160	Ridiculousness (N) 66		Ridiculousness (N) 66		Ridiculousness (N) 66		Ridiculousness (N) 66		Ridiculousness (N) 66		Ridiculousness (N) 66	
NICK	82	35	35	200	171	The Loud House (N) 66		The Loud House (N) 66		Nick News (N) (PG)		SpongeBob (N) (PG)		Friends (N) (PG)		Friends (N) (PG)	
OWN	161	213		279	189	Fatal Vows Fall From Grace (N) (PG)		Fatal Vows (N) (PG)		Love It or List It (N) (PG)		Love It or List It (N) (PG)		Love It or List It (N) (PG)		Love It or List It (N) (PG)	
PAC12	47	33	33	406		Wm. Basketball (N) 66		Basketball (N) 66		College Softball UCLA at Oregon State (N) 66		College Football (N) 66		College Softball Washington at Oregon (N) 66		Pac-12 Football in 60 66	
PARMT	132	75	75	241	241	Two/Half Men (N) 66		Two/Half Men (N) 66		*** "Casino" (1995, Crime Drama) Robert De Niro, Sharon Stone. A mob employee makes a play for power in 1970s Las Vegas. (N) 66							
SYFY	133	49	49	244	122	"xXx: Return of Xander Cage" (N) 66		*** "Apollo 13" (1995) Tom Hanks. Based on the true story of the ill-fated 1970 moon mission. 66						** "Man on Fire" (2004) Denzel Washington, Dakota Fanning. 66			
TBN	205	61	61	372	260	Main Stage (PG) (N) 66		Worship-Binions (N) 66		Steven Furtick (N) 66		The Watchman (N) 66		Harvest with (N) 66		Worship-Binions (N) 66	
*TBS	16	41	41	247	139	The Big Bang Theory (N) (PG)		The Big Bang Theory (N) (PG)		All Elite Wrestling: Dynamite (N) (PG)		Joseph Prince (N) 66		Max Lucado (N) 66		Rat in the Kitchen The chefs are tied together. (N) (PG) (DVS)	
TCM	101	51	51	256	132	(5:00) "Bigger Than Life" 66		(6:45) ** "Valley of the Dolls" (1967, Drama) Barbara Parkins, Patty Duke, Sharon Tate. Three aspiring actresses struggle to make it in Hollywood. 66		*** "The Lady Gambles" (1949, Drama) Robert Preston, Stephen McNally. 66		Barbara Stanwyck, (N) 66		(10:45) *** "California Split" (1974, Comedy-Drama) George Segal, Elliott Gould. 66			
*TLC	178	57	57	280	183	Dr. Pimple Popper (N) (PG)		Dr. Pimple Popper (N) (PG)		Dr. Pimple Popper (N) (PG)		Dr. Pimple Popper (N) (PG)		Dr. Pimple Popper (N) (PG)		Body Parts (N) (PG)	
*TNT	17	40	40	245	138	(4:30) NBA Basketball First Round: Teams TBA (N) (Live) 66		NBA Basketball First Round: Teams TBA (N) (Live) 66				Inside the NBA (N) (Live) 66		NBA Basketball First Round: Teams TBA 66			
*TOON	84			297	177	Teen Titans Go! (PG) 66		Wrld, Gumball (N) 66		King of the Hill (N) 66		Bob's Burgers (N) 66		American Dad (N) 66		Rick and Morty (N) 66	
*TRAV	179	47	47	277	196	Ghost Adventures (PG) 66		Ghost Adventures (PG) 66		Ghost Adventures (PG) 66		Ghost Adventures (PG) 66		Queen Mary. (N) (PG) 66		Ghost Adventures (PG) 66	
TVLND	65	63	63	304	106	Andy Griffith (N) 66		Andy Griffith (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66		King of Queens (N) 66	
USA	15	45	45	242	105	Law & Order: Special Victims Unit (N) 66		Law & Order: Special Victims Unit (N) 66		Law & Order: Special Victims Unit (N) 66		Law & Order: Special Victims Unit (N) 66		Temptation Island (N) (PG)		(11:12) The Courtship (N) (PG)	
VH1	191	82	82	335	162	Big Momma's (N) 66		* "Big Momma's House 2" (2006, Comedy) Martin Lawrence, Nia Long. (N) 66				** "Madea's Witness Protection" (2012, Comedy) Tyler Perry, Eugene Levy. (N) 66				Big Momma's (N) 66	
PREMIUM CABLE CHANNELS																	
FS1	35	35	35	219	150	USFL Football Birmingham Stallions vs Houston Gamblers From Protective Stadium in Birmingham, Ala.						United by Football - Season USFL (N) 66		Undisputed (N) 66		TMZ Sports (N) 66	
FS2	34	324		618	397	(4:00) Boxing From Feb. 5, 2022. (N) 66		To Be Announced (N) 66						PBA Bowling Playoffs: Round of 16 66			
FXM	104	225	120	258	384	Transylvania 3 (N) 66		(6:20) ** "Hotel Transylvania 3: Summer Vacation" (N) 66		(8:15) ** "Snatched" 2017, Comedy Amy Schumer. (N) 66				(10:05) ** "Snatched" 2017, Comedy Amy Schumer. (N) 66			
GOLF	28	34	218	401		GOLF Films (N) (PG)		GOLF Films (N) (PG)		GOLF Central (N) (PG)		GOLF Films (N) (PG)		GOLF Films (N) (PG)		GOLF Films (N) (PG)	
HALL	66	60	60	312	185	"Love, of Course" (2018) Kelly Rutherford. (N) (PG) (DVS)				"Love on the Slopes" (2018, Romance) Katrina Bowden. (N) (PG) (DVS)				The Golden Girls (N) 66		The Golden Girls (N) 66	
HBO	425	601	501	504	303	(5:30) *** "King Richard" 2021 Will Smith. (N) (PG-13) 66				"The Survivor" 2022, Drama Ben Foster. Premiere. (N) (NR) 66				(10:14) ** "Limitless" 2011 Bradley Cooper. (N) (PG-13) 66			
IFC	105			564	133	Love-Raymond (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66		Love-Raymond (N) 66	
MAX	400	621	508	516	311	(6:10) ** "Promised Land" 2012, Drama Matt Damon. (N) (PG) 66				** "Assassins" 1995, Action Sylvester Stallone. (N) (PG) 66				(10:15) ** "Domino" 2005, Action Keira Knightley. (N) (PG) 66			
NATGEO	157	77	77	276	186	To Catch a Smuggler: Peru (N) 66		To Catch a Smuggler: Peru (N) 66		To Catch a Smuggler: Peru (N) 66		To Catch a Smuggler: Peru (N) 66		To Catch a Smuggler: Peru (N) 66		To Catch a Smuggler: Peru (N) 66	
NBATV				216	156	NBA Special (N) 66		Playoff Central (N) 66				Playoff Central (N) 66				NBA Playoff Playback (N) 66	
NTOON	89	204	115	302	178	Odd Parents (N) 66		The Smurfs 'Y7 (N) 66		Rugrats (N) (PG) 66		Kamp Koral (N) 66		The Smurfs 'Y7 (N) 66		The Loud House (N) 66	
OUTD	37	307	307	606	396	Shooting USA (PG) (N) 66		Shooting Gallery (N) 66		Guns & Ammo (N) 66		Amer. Rifleman (N) 66		Shooting USA (PG) (N) 66		Guns & Ammo (N) 66	
SHO	500			546	319	East-Mountains (N) 66		(6:20) "Ray Donovan: The Movie" 2022 (N) (NR) 66		The Man Who Fell to Earth (N) (PG) 66		"Ray Donovan: The Movie" 2022 Liev Schreiber. (N) 66		(10:40) The Man Who Fell to Earth (N) (PG) 66		Mainstream 2020 (N) 66	
STARZ	300	631	408	526	361	(5:24) ** "A Mouthful of Air" (N) (PG) 66		(7:13) Outlander Sticks and Stones (N) (MA) 66		(8:19) ** "Venom: Let There Be Carnage" 2021 (N) 66				Outlander Sticks and Stones (N) (MA) 66		(11:06) ** "Concussion" 2015 (N) 66	
STZNC	106	641	401	536	341	(5:58) *** "The Good, the Bad and the Ugly" 1967, Western Clint Eastwood, Eli Wallach. (N) (R) 66				* "Repo Men" 2010, Science Fiction Jude Law. (N) (R) 66				(10:15) ** "Domino" 2005, Action Keira Knightley. (N) (PG) 66		"The People vs. Larry Flynt" 1996 (N) 66	
TMC	525			554	329	(6:15) *** "Gloria Bell" 2018 Julianne Moore. (N) (R) 66		"My Salinger Year" 2020 Margaret Qualley. (N) (R) 66		NCIS Legend (N) (PG) 66		(9:45) "Blithe Spirit" 2020, Comedy Dan Stevens. (N) (PG-13) 66				** Proof 2005 (N) 66	
*WE	143	54	54	260	128	NCIS Toxic (N) (PG) 66		NCIS Legend (N) (PG) 66		NCIS Legend (N) (PG) 66		NCIS Semper Fidelis (N) (PG) 66		NCIS Aliyah Tense reunion. (N) (PG) 66		NCIS Truth or Consequences (N) (PG) 66	